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MONDAY, JANUARY 26, 2026
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MAN UNITED STUN LEADERS ARSENAL IN 3-2 THRILLER

Fever Pitch
ROSEY'S BLUES IN BLOOM
Chelsea boss Rosenior has the fans singing

SEE SPORT… PLUS READ ABOUT ALL THE WEEKEND'S FOOTBALL ACTION IN OUR FEVER PITCH PULLOUT

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10 PRIZES TO BE WON

SEE PAGE 24 TERMS AND CONDITIONS APPLY

PM accused of 'cowardice' amid fears he would have faced leadership challenge

LABOUR WAR AS STARMER BLOCKS BURNHAM BID TO BE MP

EXCLUSIVE

BY **CHRISTIAN CALGIE**
Senior Political Correspondent

KEIR Starmer today faces his biggest Labour civil war yet, after he blocked Andy Burnham from trying to become an MP again.

The party's National Executive Committee yesterday voted 8-1 to reject the Manchester mayor's bid to stand in a city by-election.

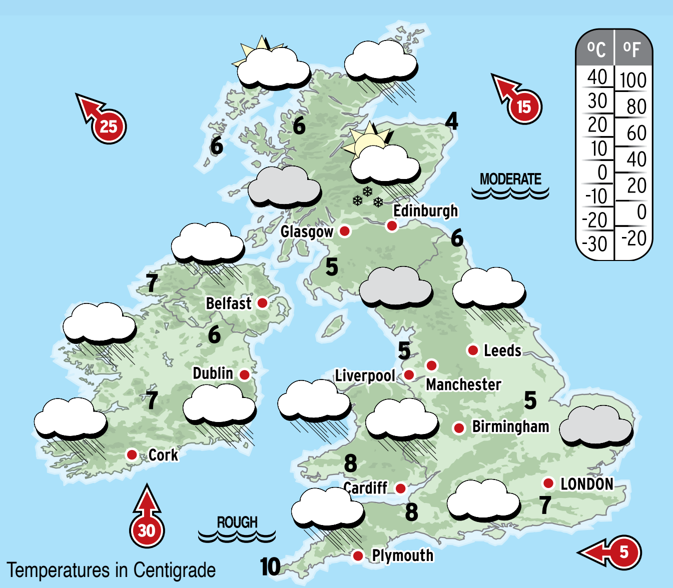
As a senior Labour figure accused the PM of "cowardice", an NEC source told the Express that Sir Keir opposed his possible leadership rival, *left*, and "led

TURN TO PAGE 4

After Brooklyn bombshell, Victoria joins Spice Girls reunion for Emma's 50th

SEE PAGE 3

WEATHER FORECAST



Temperatures in Centigrade

Today's summary: Cloudy morning, rain later

North West: Cloudy with drizzle later. Windy and cool throughout. High 6C (43F).

Northern Ireland: Grey and wet with patchy light rain and drizzle expected. Moderate north-westerly winds. High 6C (43F).

Wales: Overcast with drizzle at times. Wet spells later. Brisk winds and cool conditions overall. High 8C (46F).

Midlands: Dry for a while, but cloudy, with sleet or snow later. Moderate north-westerly winds. High 6C (43F).

North East/Yorks: Generally cloudy with the chance of a wint ry shower developing. Light winds. High 5C (41F).

Scotland: Overcast with drizzle later. Breezy conditions. Chilly throughout the day. High 6C (43F).

East Anglia: Dry but dull and grey with cloudy skies. Gentle southerly winds. High 5C (41F).

London/South East: Cloudy skies with evening drizzle. Increasing winds, cool overall. High 8C (46F).

South: Scattered showers are expected, especially later. Moderate northerly winds. High 8C (46F).

South West: Wet with rain at times, some of which is likely to turn heavy. Gentle north-westerly winds. High 9C (48F).

Channel Isles: Mostly cloudy with light rain, mainly later. Brisk westerly winds. High 9C (48F).

Sea: North Sea: Moderate. Irish Sea: Moderate. Channel: Rough.

UK OUTLOOK TOMORROW: Expect mild conditions with persistent cloud cover. Light rain likely by evening, accompanied by moderate winds.

SIX-DAY FORECAST

Temperatures in Centigrade

	TUE			WED			THU			FRI			SAT			SUN		
		min	max		min	max		min	max		min	max		min	max		min	max
London	🌧	4	9	🌦	4	10	🌧	5	9	🌦	4	9	🌧	3	8	🌦	3	7
Belfast	🌧	4	6	🌦	5	7	🌧	4	6	🌦	4	6	🌧	3	6	🌧	2	6
Birmingham	🌧	3	8	🌦	3	8	🌧	4	7	🌦	4	8	🌦	3	7	🌧	1	6
Cardiff	🌧	4	9	🌧	4	9	🌧	4	8	🌦	4	9	🌦	3	8	🌧	2	7
Glasgow	🌧	4	6	🌦	3	7	🌧	3	7	🌧	3	7	🌧	2	7	🌧	1	6
Manchester	🌧	4	8	🌦	4	8	🌧	4	7	🌦	4	7	🌧	3	7	🌧	2	6
Newcastle	🌧	3	6	🌦	4	7	🌧	4	6	🌧	3	6	🌧	3	6	🌧	2	5
Norwich	🌧	3	7	🌦	3	8	🌧	4	7	🌧	4	8	🌦	4	7	🌦	2	6
Plymouth	🌧	6	9	🌧	7	9	🌧	7	10	⛈	6	10	🌦	5	9	🌦	5	8

Britain yesterday

24 hours to 5pm	SUN (hrs)	RAIN (ins)	TEMP (min)	(max)
Aberdeen	0.0	0.24	5	6
Aberporth	2.9	0.16	5	9
Alnwick	0.0	0.02	6	6
Belfast	0.5	0.63	6	8
Birmingham	0.0	0.04	6	7
B'mouth	0.0	0.31	6	9
Bristol	0.1	0.33	5	8
Cardiff	0.0	0.16	4	8
Durham	0.0	0.01	5	6
Edinburgh	0.0	0.02	5	7
Glasgow	0.0	0.02	5	7
Hull	0.0	0.00	6	6
Ipswich	0.0	0.04	5	5
Leeds	0.0	0.17	4	5
Lincoln	0.0	0.12	5	6
London	0.4	0.12	7	8
Manchester	1.0	0.13	6	8
Oxford	2.7	0.24	5	9
S'hampton	0.0	0.36	7	8
St Andrews	0.0	0.02	6	7

Moon, sun and tides

MOON rises: 10.18am, sets: 1.09am
SUN rises London: 7.47am, sets: 4.39pm
Manchester rises: 8.03am, sets: 4.40pm

Full Moon
01 February

HIGH TIDE

London B'ge	(6.21am), (6.56pm)
Liverpool	(3.42am), (4.08pm)
Greenock	(4.59am), (5.21pm)
Dover	(3.33am), (4.00pm)

Britain Extremes: (24 hours to 11pm Saturday)

Warmest: Teddington, Bushy Park, 11C
Coldest: Balmoral, 2C.
Wettest: Okehampton, East Okement Farm, 1.54ins.
Sunniest: Shoeburyness, Landwick, 7.2hrs.

Lighting-up times

Belfast	4.50pm-8.21am
Birmingham	4.42pm-7.56am
Bristol	4.49pm-7.55am
Glasgow	4.37pm-8.20am
London	4.39pm-7.46am
Manchester	4.40pm-8.02am
Newcastle	4.31pm-8.05am

Europe forecast

Today			Tomorrow		
Amsterdam	Cloudy	3C/37F	**Amsterdam**	Rain	4C/39F
Brussels	Fair	4C/39F	**Brussels**	Rain	7C/45F
Dublin	Showers	8C/46F	**Dublin**	Showers	8C/46F
Frankfurt	Snow	3C/37F	**Frankfurt**	Rain	4C/39F
Geneva	Showers	6C/43F	**Geneva**	Rain	5C/41F
Lisbon	Thunder	16C/61F	**Lisbon**	Thunder	14C/57F
Madrid	Rain	11C/52F	**Madrid**	Rain	11C/52F
Paris	Fog	8C/46F	**Paris**	Rain	10C/50F
Rome	Showers	14C/57F	**Rome**	Fair	14C/57F

Around the world yesterday

		C	F
Amsterdam	Fair	0	32
Athens	Shwrs	17	63
Barcelona	Sunny	13	55
Berlin	Cloudy	-2	28
Budapest	Drizzle	3	37
Cairo	Sunny	21	70
Cape Town	Sunny	25	77
Casablanca	Cloudy	15	59
Corfu	Cloudy	16	61
Dublin	Cloudy	8	46
Dubrovnik	Shwrs	15	59
Faro	Thndr	16	61
Florence	Shwrs	8	46
Gibraltar	Shwrs	15	59
Guernsey	Shwrs	8	46
Hong Kong	Fair	19	66
Istanbul	Fair	14	57
Jersey	Fair	8	46
Larnaca	Fair	18	64
Las Palmas	Sunny	19	66
Los Angeles	Fair	17	63
Luxor	Sunny	22	72
Malaga	Shwrs	14	57
Mallorca	Sunny	15	59
Malta	Shwrs	14	57
Melbourne	Sunny	22	72
Miami	Fair	27	81
Moscow	Cloudy	-18	0
Nairobi	Sunny	28	82
New Delhi	Sunny	15	59
New York	Sunny	-10	14
Nice	Cloudy	11	52
Nicosia	Fair	15	59
Perth	Cloudy	26	79
Prague	Cloudy	-1	30
Singapore	Cloudy	29	84
Stockholm	Snow	-3	27
Sydney	Sunny	37	99
Tel Aviv	Sunny	21	70
Tenerife	Sunny	21	70
Toronto	Cloudy	-12	10
Tunis	Fair	14	57
Venice	Rain	7	45
Vienna	Rain	2	36
Warsaw	Snow	-5	23

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Cops go back to basics as forces merge

£18.4bn extra to fight crime surge

BY **PAUL JEEVES**
Crime Editor

POLICE will be told to respond to emergencies within 15 minutes in sweeping reforms to curb the "epidemic" of daily crime.

In the largest shake-up of law enforcement in two centuries, Home Secretary Shabana Mahmood will today unveil her blueprint for a new National Police Service to investigate the most serious offences.

Dubbed the "British FBI", it will be led by a National Police Commissioner and will absorb the National Crime Agency and take over complex probes on fraud, organised crime and counter-terrorism.

The Home Secretary said this would free local forces to focus on shoplifting, burglary, muggings and anti-social behaviour.

Under the new model, response officers must arrive for emergencies within 15 minutes in urban areas and 20 minutes in the countryside and 999 calls must be answered within 10 seconds.

The 43 local police forces will also be consolidated into 12 "mega forces" to streamline operations.

Ms Mahmood said the "epidemic of everyday crime", such as phone thefts and shoplifting, often went "unpunished". She said: "By the time the police arrive, perpetrators and witnesses are long gone. I will restore neighbourhood policing and scale up patrols."

The plan is backed by the biggest ever funding boost of £18.4billion – an 11% real-terms rise on 2023/24.

Shabana Mahmood is creating a "British FBI" for complex probes

Fewer than 20% back Labour on economy

BY **DAVID WILLIAMSON**

BRITONS have given a devastating verdict on Labour's economic management.

A mere 19% say PM Sir Keir Starmer's team is performing well in delivering long-term growth while 62% say it is doing a bad job.

Just as many said the country is going in the wrong direction, and two out of three told pollsters Opinium that Labour's overall plan for improving the financial outlook is unclear.

Weaker

Meanwhile, pollsters Ipsos found just 17% of the country had a favourable opinion of Sir Keir, with 59% unfavourable.

Shadow Chancellor Sir Mel Stride said: "The verdict from forecasters is brutal. Labour's grip on the economy gets weaker by the day."

The Treasury said: "Last year we defied expectations on growth, with the OBR, Bank of England, IMF, OECD and BCC all upgrading their forecasts.

"And the UK is expected to be the fastest growing European G7 economy this year and next."

CORRECTIONS AND COMPLAINTS

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‘This made me happy’

David’s joy at Spice Girls’ reunion

BY **LUCY NEEDHAM**

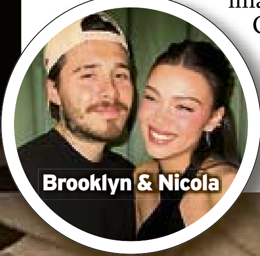
SIR David Beckham cheered on wife Victoria’s Spice Girls reunion at Emma Bunton’s 50th birthday, days after son Brooklyn’s explosive rant about his family.

Posh Spice was seen for the first time after Brooklyn claimed his parents tried to control his life and ruin his wedding to Nicola Peltz.

Geri Halliwell-Horner posted a photo of herself with Victoria, Mel C and Emma for Baby Spice’s celebrations on Saturday night.

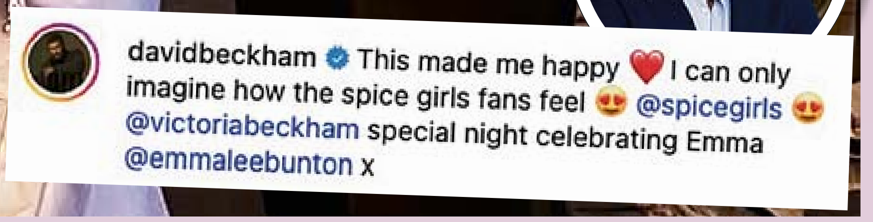
Victoria reposted the snap, saying: “I love you girls so much.” Sir David replied: “This made me happy. I can only imagine how the Spice Girls fans feel.”

The father of four’s other sons, Romeo and Cruz, were spotted at Paris Fashion Week with their girlfriends.



Brooklyn & Nicola

Romeo kisses Kim Turnbull at Paris restaurant. Below, Cruz and Jackie Apostel were also in the French capital



davidbeckham This made me happy ❤️ I can only imagine how the spice girls fans feel 😍 @spicegirls 😍 @victoriabeckham special night celebrating Emma @emmaleebunton x

Mel C, Geri, Emma and Victoria. Inset, Sir David, Posh and his post

COMMENT

DR DAVID BULL

Chairman of Reform UK

LABOUR is in utter meltdown. The fratricide has commenced in earnest.

Yesterday, in scenes reminiscent of a Shakespearean drama, you could barely move for all the Labour backbenchers queuing up to attack Sir Keir Starmer.

Stabbing him not only in the back, but in the front as well.

One by one they lined up across the airwaves, accusing the Prime Minister of being weak after Labour's National Executive Committee blocked his rival, Andy Burnham from standing at the forthcoming Gorton and Dent by-election.

Sir Keir may think that seeing off Mr Burnham this time gives his premiership a stay of execution. In fact, it will do quite the opposite; it will almost certainly hasten his demise.

Yesterday's decision by the Starmer-friendly NEC was yet further proof this is a Prime Minister who is running out of time, running out of allies and running scared of the electorate.

We have seen it already in his disgraceful decision last week to scrap 29 local elections in May in areas where Reform UK was likely to win, thus denying 4.5m voters their basic democratic rights.

'Running out of time, out of allies and running scared of the electorate'

Only dictators cancel elections. Starmer should be ashamed of himself and his failing administration.

However, Starmer is right to be scared. Because whilst his government engages in ripping itself apart, we at Reform UK are building a team to fix Broken Britain.

In the coming days we will announce our candidate for the Gorton and Denton by-election.

This will give voters a chance to send this government a clear message over its catastrophic mismanagement of the country over the past 18 months.

The area has until now been a Labour stronghold for decades.

But as Nigel Farage has already made clear, we are going to throw everything at it, just as we are going to do at the local elections that follow.

The people of Gorton and Denton deserve better than this bitter, divided, clapped-out Labour Party.

Frankly, the whole country deserves better. Time to send this hopeless, directionless self-serving government packing.

'Keir could have shown magnanimous leadership... but instead it's cowardice'

Labour stalwarts queue up to blast 'weak' PM

FROM PAGE ONE

from the front. He took up the mantle and even the most sceptical about Keir were very impressed.

"The Prime Minister argued that we couldn't risk a [mayoral] election in Greater Manchester and that the psychodrama of the last 48 hours had not been helpful."

Mr Burnham said last night he was "disappointed" at being barred from standing in the Gorton and Denton by-election – and warned of the veto's potential impact on Labour's wider electoral chances.

He went on: "I am disappointed by today's NEC decision and concerned about its potential impact on the important elections ahead.

"To whoever is Labour's candidate and to our members in Manchester and Tameside: you will have my full support and I will be there whenever you need me.

"I return with full focus to my role as Mayor...defending everything we have built in our city-region over many years. I decided to put myself forward to prevent the divisive politics of Reform from damaging that. We are stronger together and let's stay that way."

Popular

He added: "PS – The fact that the media was informed of the NEC decision before I was tells you everything you need to know about the way the Labour Party is being run these days.

"You would think that over 30 years of service would count for something but sadly not." Labour bigwigs who wanted the popular former Health Secretary adopted as the party's candidate to take on Reform included onetime deputy leader Angela Rayner, who is a Greater Manchester area MP.

In an emergency meeting lasting just 45 minutes, Sir Keir and his allies voted overwhelmingly to block Mr Burnham's candidacy – arguing it would be wrong for him to make Labour fight a costly election for his mayor's role.

Some observers think the Prime Minister's northern rival already has enough support from Labour backbenchers to mount a leadership challenge.

Sir Keir said Mr Burnham was a "great mayor doing a great job" – but barely addressed him by name for the rest of his remarks.

The sole NEC member to back Mr Burnham was Lucy Powell – the Mancunian deputy party leader and MP for Manchester Central.

Home Secretary Shabana Mahmood, who chairs the NEC, did not cast a vote.

The NEC source said that Ms Powell had called former Leigh MP Mr Burnham the "best

Lucy Powell voted for Mr Burnham

WAR AFTER BURNHAM VETO

Possible leader rivals PM Sir Keir Starmer with mayor Andy Burnham

After NEC bar, Sir Keir sees his team Arsenal lose to Manchester Utd

Rejected Andy Burnham walking with his mother Eileen yesterday

person to win" the Gorton and Denton seat.

Other Labour MPs hit out at the ban, attacking Sir Keir and a so-called governing "clique".

John McDonnell, former Shadow Chancellor, said: "Message to Keir: Do not underestimate the depth of anger people will feel about this disgusting decision.

"If you think it strengthens you I tell you it will simply hasten your demise. You could have shown magnanimous leadership but instead it's cowardice."

Andy McDonald, the MP for Middlesbrough and Thornaby East, said: "This is completely outrageous. It should be for the members to decide who stands in this by-election. The NEC and the control freaks have made a catastrophic mistake." Leeds East MP Richard Burgon said: "Keir Starmer and his clique have shown they're prepared to lose Gorton and Denton to Reform – just to protect narrow factional interests. It's weak leadership – and will only deepen the crisis the party is in."

Criticism also came from moderate factions such as Blue Labour.

Brilliant

Stroud MP Dr Simon Opher said: "I fear that this is another own goal from those around the Prime Minister. It looks as if petty factionalism is again holding us back from delivering on the promises we made to electors back in July 2024.

"The voters of Gorton and Denton are being denied the opportunity to choose a brilliant candidate to represent them in Parliament, and this risks gifting the seat to Reform. We desperately need to be better than this."

The Gorton and Denton poll, triggered by the resignation of MP Andrew Gwynne on health grounds last week, may condemn the PM to defeat at the hands of Nigel Farage, with polls suggesting Labour will lose the seat to Reform without Mr Burnham's star power.

Labour won the constituency in 2024 with 51% of the vote but poll experts now put Reform on 32%, Labour 26% and the Greens 22%.

However, polling firm Britain Predicts suggests with Mr Burnham as candidate Labour would defeat Reform by a margin of four points.

Reform UK chairman Dr David Bull writes in today's Express: "Yesterday's decision by the Starmer-friendly NEC was yet further proof that this is a Prime Minister who is running out of time, running out of allies and running scared of the electorate."

He vowed that Reform UK will "throw everything" at the by-election and called on voters to "send this hopeless, directionless self-serving government packing".

After the NEC decision, the Labour Party commented: "We look forward to fighting and winning the upcoming by-election in Gorton and Denton and the positive campaign ahead, which will be firmly focused on tackling the cost of living and bringing investment to the local area."

OPINION: PAGE 12

EXPRESS VOTE

Was the PM right to stop Andy Burnham standing in the by-election?

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NO: 0901 133 4441
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Yes text DXYES to 63333
No text DXNO to 63333
Texts cost 50p plus standard network rate

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COMMENT

FIONA MCANENA

Director of campaigns at Sex Matters

JENNIFER Melle was disciplined for talking to the media about her experience. I'm grateful to her for doing so. Many NHS staff are appalled by ridiculous demands of transgenderism in their workplace, and the harm it's doing.

It's hard to believe this kind of thing is happening in the NHS. A violent, entitled man – a convicted paedophile – claims to be a woman now. A nurse is punished for referring to him as "he".

For years, NHS policies have indulged this foolishness, paying transactivist groups for so-called training in which staff are told to play along with the delusion. NHS workers' focus should be on delivering good healthcare, not on pronouns and identities.

It's not just pronouns. Many trusts allow a man to use the women's changing room if he says he is "transitioning" – but his "transition" may amount to nothing more than longer hair, a female name and make-up.

Patients are harmed by this ideology, too. Single-sex wards are a lie if a man identifying as a woman is on a women's ward. Staff are expected to tell women there are no men on the ward.

It's not even good for a person identifying as transgender. Changing medical records to the wrong sex is confusing for clinical staff and puts patients at risk.

Everyone knows all this is wrong. It cannot be left to individual employees to have the courage to speak up, knowing they may face disciplinary measures, as both Jennifer Melle and Sandie Peggie did.

This must be fixed from the top down. It is past time for Health Secretary Wes Streeting to end this madness.

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Green Beans
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NURSES LEFT EXPOSED

Delays to pivotal sex

EXCLUSIVE

BY **GILES SHELDRICK** Chief Reporter

LABOUR has been accused of "indefensible" delays by sitting on guidance aimed at stamping out "radical gender ideology".

Pressure is mounting on the government to publish in full recommendations to end "absurd witch hunts" in the wake of three landmark legal cases in which the NHS was defeated.

The public sector was told to adhere to the law immediately after the Supreme Court ruled in April last year that a woman was defined by biological sex. Yet, almost 10 months later, fury is growing because there has been no progress.

Andrea Williams, chief executive of the Christian Legal Centre, said: "The government's continued delay in publishing lawful guidance on single sex spaces is now indefensible.

"Every further delay fuels confusion, enables injustice, and exposes nurses to disciplinary action simply for upholding biological reality or acting according to conscience.

"Guidance must be published without delay so that the NHS and other public institutions can finally operate within the law and protect their staff from further harm." Last week, Jennifer Melle, a nurse suspended after allegedly "misgendering" a transgender paedophile patient, was reinstated after Epsom and St Helier University Hospitals NHS Trust was forced into a humiliating climb-down in the face of public anger.

Failure

Her case followed victories for seven nurses in a legal fight against County Durham and Darlington NHS Trust, which allowed a biological male trans woman to undress in front of them. And nurse Sandie Peggie, who was suspended by NHS Fife after complaining about having to share a changing room with a transgender medic.

Mrs Williams said: "The Supreme Court has ruled, the law is clear, and the consequences of inaction are no longer hypothetical.

"The vindication of Sandie, the

BY 10-MONTH WAIT

guidance on sticking to ruling are 'indefensible'

Nurse Jennifer Melle (front, centre) is supported by (left to right) Fife nurse Sandie Peggie, Rebecca Paul MP, Darlington nurse Bethany Hutchison, Jim Shannon MP, Mims Davies MP, Claire Coutinho MP, Darlington nurse Lisa Lockey, and Rosie Duffield MP

Darlington nurses, and Jennifer has demonstrated, time and again, that the absence of clear, lawful guidance has left public bodies acting unlawfully, and staff placed at risk. There are no excuses left."

An updated code of practice drawn up by the Equality and Human Rights Commission was passed to Bridget Phillipson, Minister for Women and Equalities, on September 4.

One month later, it wrote to her demanding that she bring it to Parliament as soon as possible.

Yet in spite of the trio of judgments in favour of women who fought for legal protection – and won – the government has been accused of dragging its heels.

The failure to act means individual NHS trusts can still allow biological men identifying as women to use female changing rooms, it was said.

After Ms Melle's victory, Conservative Party leader Kemi Badenoch said: "I am delighted that common sense has prevailed. But it is not justice. Jennifer has been dragged through the mire for two long years. And for what?

"Radical gender ideology that makes a mockery of the law. The government must act to end these absurd witch hunts."

In a landmark ruling, the Supreme Court clarified the law, stating that biological sex is irrefutable in terms of the Equality Act, which provides legal protection in the workplace.

But the NHS, Europe's biggest single employer, and the wider public sector continue to be caught in chaos and confusion about how the law should be implemented.

The Equality and Human Rights Commission was forced to do a major update of the existing code of practice to reflect significant developments in legislation and case law, including the Supreme Court judgment on the definition of sex.

Kemi Badenoch, left, and Maya Forstater criticised delays

It said: "We have been clear that service providers, associations and public functions should not wait for the code of practice to be published to make any changes needed to comply with the law.

"As duty-bearers they must assure themselves of their legal responsibilities in their own specific circumstances and seek independent legal advice where necessary."

Supporters of the nurses include author JK Rowling, who said: "If some trans-identified people in the UK are experiencing rage and disappointment because the Supreme Court clarified that they don't have rights they believed they had, the responsibility lies firmly with [those] who've persistently argued, falsely, that gender transition turned a person into the opposite sex for all practical purposes in the eyes of the law."

The updated code of practice must be laid before Parliament for 40 days before it can become statutory guidance.

Maya Forstater, boss of charity Sex Matters, said: "Jennifer never should have been in trouble at work for calling a man 'he'. She was hung out to dry by her employer and her union, both of which seem to think the feelings of a paedophile mattered more than biological reality.

"Everyone who heard her story was appalled. Health Secretary Wes Streeting needs to get a grip on this and stop the transgender obsession that is corrupting the NHS."

A government spokesman said: "The EHRC has submitted a draft code of practice to ministers, and we are working at pace to review it with the care it deserves.

Complex

"This is a 300-page and legally complex document and it is important for service providers that we get this right.

"It would be catastrophic for single-sex services to follow guidance that wasn't legally robust.

"That is why it is vital we get this right. We have always been clear that the proper process needs to be followed, and we are following it."

OPINION: PAGE 12

TO READ ALL THE BEST POLITICAL STORIES OF THE DAY GO TO EXPRESS.CO.UK/POLITICS

Anger over migrants

March on barracks as asylum seekers move in

BY **AARON NEWBURY**

HUNDREDS of people marched through a town yesterday in the latest protest over asylum seekers being moved into a military base nearby.

Demonstrators gathered at the gates of the Army barracks at 10am before walking to the centre of Crowborough, East Sussex. Waving Union and St George's flags, they chanted "Keir Starmer's a traitor" as police officers looked on.

No one was arrested, said the force, which reported three arrests at a similar protest held on Saturday.

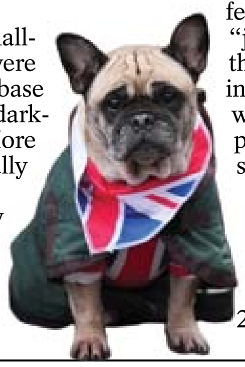
Twenty-seven small-boat migrants were moved on to the base under the cover of darkness on Thursday. More than 500 will eventually be housed there.

Home Secretary Shabana Mahmood said Crowborough was "just the start" and she would "bring forward site after site until every asylum hotel is closed and returned to local communities". There are 36,273 asylum seekers staying in taxpayer-funded rooms.

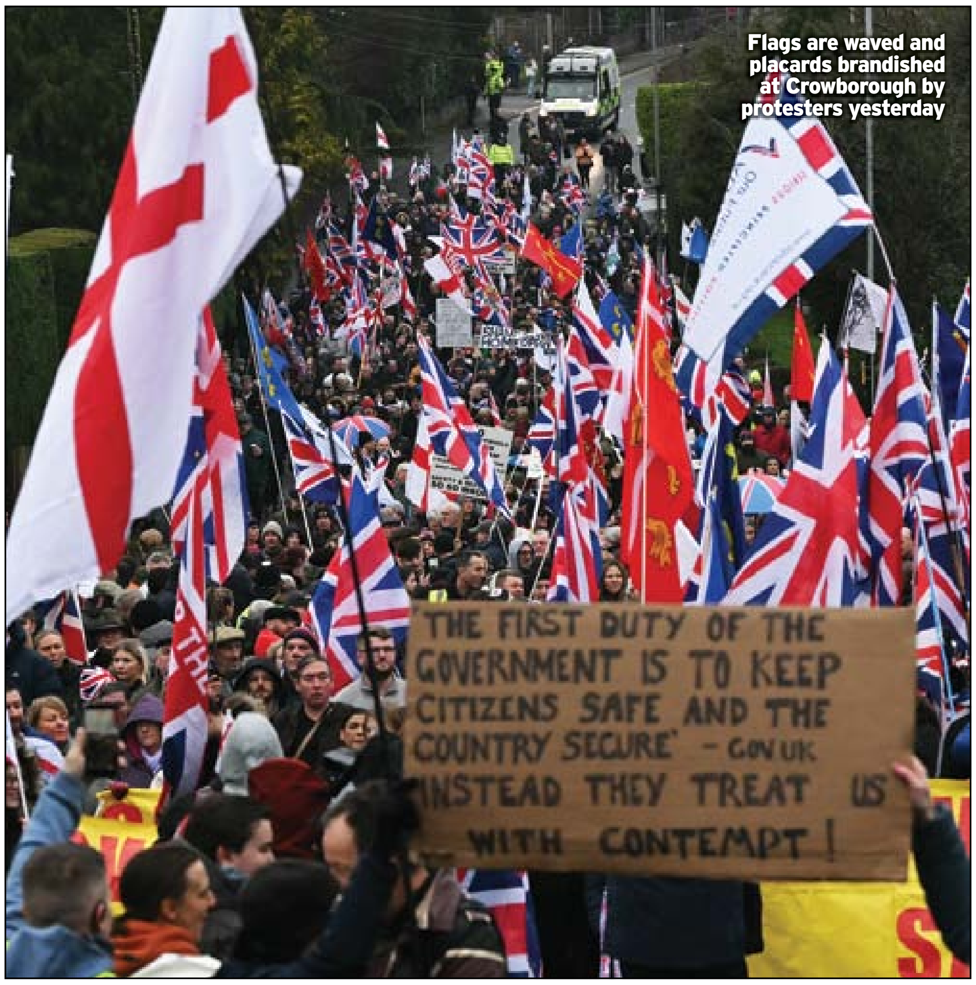
Thursday was blasted as a "day of shame" for Labour by Shadow Home Secretary Chris Philp and the chair of the Crowborough Shield residents group Kim Bailey.

People living next to the base fear occupants will "just wander" through their gardens. They include Phill Straker, who faces "years of potential access from strangers".

The Home Office insists "robust safety and public-protection safeguards are in place" including 24/7 CCTV.



A doggy demonstrator



Flags are waved and placards brandished at Crowborough by protesters yesterday

THE FIRST DUTY OF THE GOVERNMENT IS TO KEEP CITIZENS SAFE AND THE COUNTRY SECURE' - GOV.UK
INSTEAD THEY TREAT US WITH CONTEMPT!

Plan 'will put £400bn' into UK economy

BY **CHRISTIAN CALGIE**

LEADING Tory and Reform UK figures have welcomed research that claims 14 policies could boost the economy by more than £400billion.

The free-market Adam Smith Institute said voters would be nearly £6,000 better off by 2036 if a government took tough choices to prioritise growth.

The think-tank paper adds reform of planning rules could boost GDP by 7% and energy policy changes would deliver another 5%, with all 14 policies delivering enough money to double the defence budget.

Other ideas include repealing the Town and Country Planning Act, abolishing biodiversity rules, ending subsidies for wind energy and issuing fracking licences.

Shadow Chancellor Sir Mel Stride said tax, housing and energy policies were among the key barriers to growth.

Reform UK deputy leader Richard Tice urged "a fundamental change of direction".

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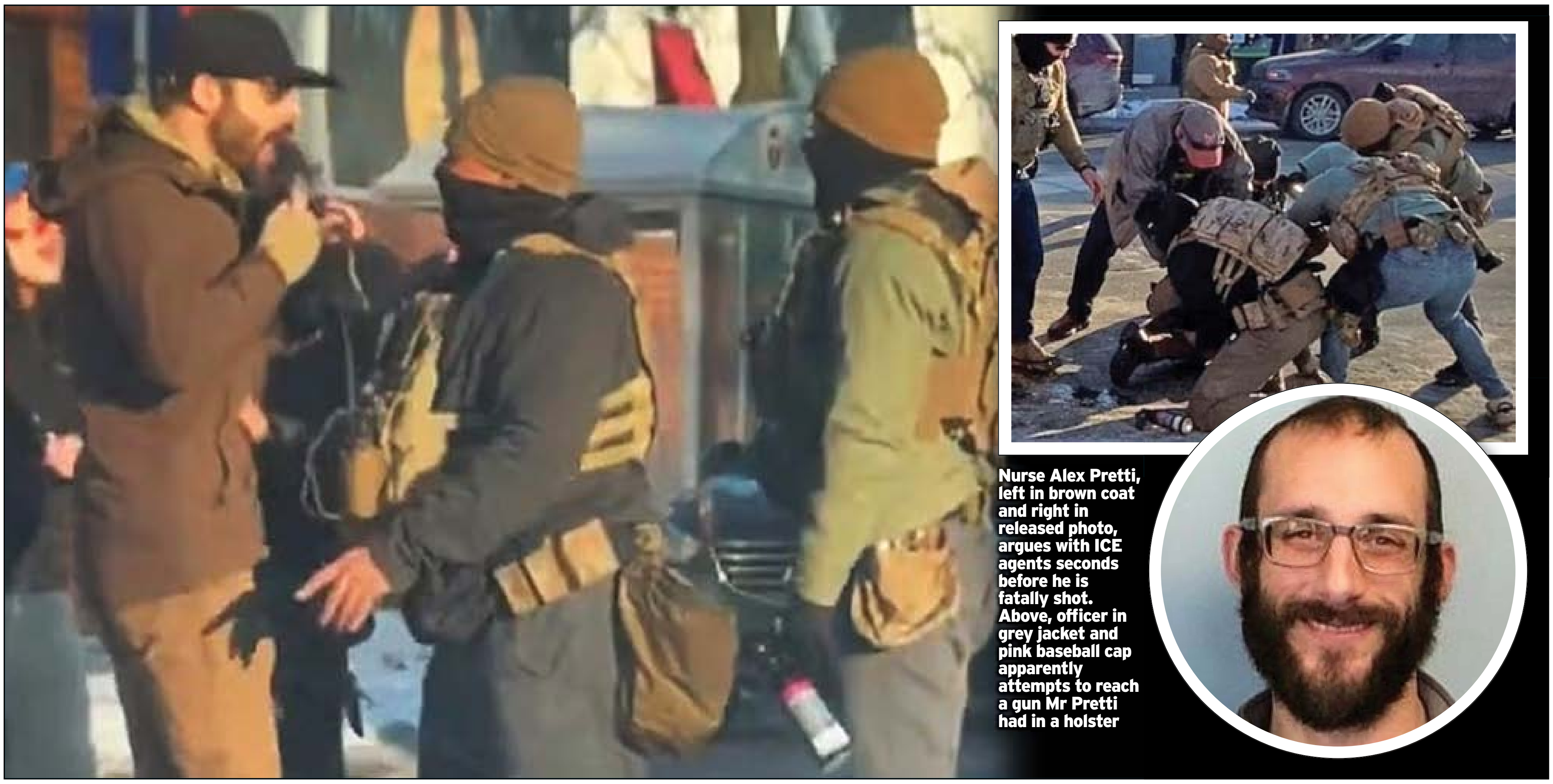

Nurse Alex Pretti, left in brown coat and right in released photo, argues with ICE agents seconds before he is fatally shot. Above, officer in grey jacket and pink baseball cap apparently attempts to reach a gun Mr Pretti had in a holster

ICE agents clash with crowd after killing protester

BY **MATTHEW DOOLEY**

PROTESTERS clashed with ICE officers in Minneapolis after Border Patrol agents shot dead another demonstrator, intensive care nurse Alex Pretti.

Mr Pretti, 37, who worked at a hospital for injured servicemen and women, was hit at least three times in the back, according to a doctor who gave him CPR.

His parents said he joined the protests following the ICE (Immigration and Customs Law Enforcement) shooting of Renee Good in the city on January 7.

Democrats again called for federal immigration officers to withdraw from Minnesota following the latest killing.

Hundreds more demonstrators took to the streets after Mr Pretti was shot on Saturday morning. Federal officers used stun grenades and batons on the furious crowd as temperatures hit -21C.

Insurrection

The Minnesota National Guard – supporting local police – stood at the scene of the killing and a federal building where officers have confronted locals outraged at Donald Trump's immigration blitz on a daily basis. Minneapolis Police Chief Brian O'Hara said information about what led up to Mr Pretti's shooting was limited.

Eyewitness videos of the incident were shared on social media.

The Department of Homeland Security claimed that he "approached US Border Patrol officers with a 9mm semi-automatic handgun" and officers "attempted to disarm the suspect" but he "violently resisted".

Footage showed the nurse, in brown coat and black cap, holding a phone but there is no weapon visible. The officer who shot him was an eight-year Border Patrol veteran said to have had training in "less lethal force".

Mr O'Hara stated that police believe Alex was a "lawful gun owner with a permit to carry". He said there was no evidence he concealed or brandished it.

Meanwhile, an unnamed doctor said they gave the victim CPR, describing "at least three bullet wounds in his back", one in his upper chest and another potential gunshot wound to the neck.

The eyewitness added in a reported affidavit: "From what I could tell the victim was not actively threatening ICE agents or the public. He was just yelling at the agents because he objected to ICE's presence in our city."

President Trump posted online photos of the firearm that immigration officials say was recovered from Mr Pretti and claimed it was "loaded and ready to go".

He accused Minnesota Governor Tim Walz and Minneapolis Mayor Jacob Frey, both Democrats, of "inciting Insurrection, with their pompous, dangerous, and arrogant rhetoric". Former President and First Lady Barack and Michelle Obama accused the Trump administration of seeming "eager to escalate the situation".

Lies

They said the latest shooting "should be a wake-up call to every American, regardless of party, that many of our core values as a nation are increasingly under assault". The Democrats say they will not support a spending package including funding for DHS – which oversees ICE – raising the prospect of a partial government shutdown on Friday when the current budget runs out.

Mr Pretti was shot just over a mile from where an ICE officer fatally shot 37-year-old Renee, a legal observer of their actions.

Heartbroken parents Michael and Susan, of Colorado, said: "The sickening lies told about our son by the administration are reprehensible and disgusting. Alex is clearly not holding a gun when attacked by Trump's murdering and cowardly ICE thugs. He has his phone in his right hand, and his empty left hand is raised above his head while trying to protect the woman ICE just pushed down, all while being pepper-sprayed.

"Please get the truth out about our son. He was a good man."

Alex worked at the city's Veterans Affairs hospital, supporting the critically ill.

Protesters returned to Minneapolis yesterday as anger erupted across the US, including New York, Washington DC and LA.

MINNESOTA ISNT AFRAID OF ICE

Cop lobs tear gas at Minneapolis protesters near shooting scene, left, as demos continue

‘Holocaust survivors’ families are their legacy. They carry the baton’

BY **IZZIE ADDISON**

Eva Schloss lived through the hell of Auschwitz and was the stepsister of Jewish diarist Anne Frank, inset

HOLOCAUST survivors’ families are their legacy with the world at a “pivotal time”, a charity boss says ahead of Holocaust Memorial Day.

The theme of tomorrow’s event is “bridging generations”, highlighting the role younger people play in preserving Holocaust memories.

Holocaust Educational Trust chief executive Karen Pollock said events are reducing as antisemitism rises and survivor numbers dwindle.

She added: “We’re at quite a pivotal time, a crucial juncture, when it comes to Holocaust education.

“Survivors of the Holocaust are in their 80s and 90s.”

Eva Schloss, Auschwitz survivor and stepsister of tragic diarist Anne Frank, died at 96 this month.

Memory

Harry Olmer, who survived Terezin and Buchenwald concentration camps, died a few days later.

Ms Pollock said: “These are survivors in terms of eyewitnesses sharing their testimony but they are champions of the memory and when their light goes out...what happens afterwards?

“We need the next generation to know and understand what happened during the Holocaust, to carry the baton, to say to those survivors...‘You mustn’t worry. We’re going to remember you, and we’re going to remember the family that you lost’.”

Charity leader
Karen Pollock

Ms Pollock thinks second, third and fourth generations of survivors’ families are more eager to tell their relatives’ stories. She said: “Children of survivors are becoming much more vocal and committed to taking on the responsibility of sharing their parents’ story, whether in a school classroom or just at a public event.

“They are so aware that, in a sense, they are the legacy.”

Gunmen killed 15 people at a Hanukkah celebration in Sydney last month and two worshippers were killed at a synagogue in Manchester, in October.

Ms Pollock said: “Antisemitism is very real. We should remember the six million individual Jewish men, women and children murdered. But it would be an empty pledge to say ‘Never again’ if we didn’t also say we have to be aware and fight back.”

Ms Pollock said hope also comes from the survivors: “That’s a strange thing, when you think about the darkness of the Holocaust – the light that they bring.”

UK Government

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Stabbing victim Victoria, 33

Expat's kids 'were there when she was killed'

BY **GERARD COUZENS**

A BRITISH mum who was fatally stabbed at home in Spain while her three children were inside has been named.

Victoria Hart, 33, was attacked on Saturday morning in the La Paca area of Alhaurin el Grande, a 30-minute drive from Malaga.

Neighbours sounded the alarm at 11.40am when they heard a scream for help.

Spanish media reported that Victoria's eldest child ran into the garden and called for help before phoning his grandmother.

Ms Hart, a hairdresser, was reportedly found with a kitchen knife next to her body.

The Civil Guard in Malaga said: "Her ex-partner has been arrested as the alleged killer." He allegedly handed himself in to detectives.

Tributes have poured in for Victoria, who moved to Spain along with her mother as a teenager.

Friend Joanne Wilson posted on social media: "There's not many people as perfect as Victoria Hart."

Roo-ting for the winner

A PRO cyclist knocked down by a kangaroo on the final stage of the Tour Down Under got back in the saddle to win.

Australia's Jay Vine, 30, was toppled when two large kangaroos bounced onto the road.

One of the marsupials crash into Vine, but he picked himself up, grabbed a new bike and raced on to victory.

It happened on a high speed section with 61 miles left of the 105-mile stage in Adelaide's hills.

"Everyone asks what's the most dangerous thing in Australia and I always tell them it's kangaroos," Vine said on winning his home race.

"They hide in bushes until you can't stop, then jump in front of you."

The roo was unhurt.

NO NEED TO EAT OUT ALONE

Sports stars out to tackle male crisis

BY **AARON NEWBURY**

DARTS superstar Luke Littler and rugby legend Jonny Wilkinson are teaming up with the government to tackle the male loneliness crisis.

The new Team Up campaign is offering young men and boys the chance to get involved in sports clubs and programmes.

Whitehall is backing the plan with £400million invested in grassroots facilities, intended to make the benefits of sport open to all. It is also handing out £500million to improve youth centres and services.

A wide range of schemes are being offered at local clubs, with details available on the Team Up website.

Former England star Wilkinson said: "I'm supporting this campaign because of the power of sport, of getting together with other like-minded people. The power of sharing, and being able to experience that connection with people. Coming together through sport is a special thing, and it can change lives."

Culture Secretary Lisa Nandy said: "Through local clubs, we can show young men that there is a whole community behind them."

Jonny Wilkinson, left, and Luke Littler are among the big names backing Team Up plan

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'We no longer talk to each other...loneliness is a silent epidemic'

New app unites solo diners for hotel chats

EXCLUSIVE

BY **JAN DISLEY**

A DIVORCEE is tackling Britain's "silent epidemic of loneliness" – with a new Join the Table scheme for hotels, restaurants and cafes.

Businessman Paul Jaggard, 52, believes many single people and solo travellers would love to dine out – but do not want to eat alone.

His plan offers a dedicated table so they can mix with others in the same boat. The scheme will begin in Cambridge on February 25 – before expanding countrywide.

One of the first hotels to join the scheme is the city's five-star Marriott hotel, The University Arms, which will host the launch.

Paul came up with the idea after years of travelling the country from Cornwall to Edinburgh, meeting suppliers for his back-care business.

Connection

He said: "I'd be travelling two or three days a week and staying in hotels. I'd arrive somewhere really nice, like Harrogate, but I wouldn't want to head out again on my own.

"So I'd end up sitting alone in the hotel room and calling room service.

"I got fed up of going down to a restaurant or a bar and sitting alone.

"It sounds glamorous to start with, but after years of doing it, you get bored. And it's worse now people have smartphones. They are just scrolling rather than engaging in conversation like they did once.

"People have stopped talking to each other, young and old. It's becoming a silent epidemic. I got really frustrated. I just wanted to connect with people, and I thought, 'I must do something about this.'"

Paul spent six months talking to owners in the hospitality trade and has created an app that allows people to book seats at a shared table. He has also organised pilot events and says the response has been massively positive.

He said: "My market research showed many venues had downtime when tables were spare and could easily be made available, and they were delighted to get involved.

"We're also talking to loneliness charities. Pretty much everybody has said 'yeah great.'" He said cafes were also included – similar to the Chatty Cafe scheme, which runs nationwide.

Kasia Valance, 55, from Stowmarket, Suffolk went to a pilot event at a restaurant in Bury St Edmunds after recently moving to the area.

She said: "Real connection is something I think we have started to lose since Covid.

"At first, I was a bit apprehensive about joining five other diners I didn't know.

"When I arrived, the serving staff took me to the table. I was the last person to arrive. Everyone introduced themselves to me, and the conversation flowed straight away.

"I had jotted down a few icebreaker questions in my phone.

"But I didn't need to use them. I was there for a little over an hour, and the time passed quickly.

"I exchanged numbers with one of the other ladies from my table, and we have been in touch since. I found it fun. I will book again when the next events happen in Bury."

Eventually venues will be charged a small subscription fee. Customers pay a £2 booking fee per event.

Paul said: "Feedback suggested that a small payment would ensure people commit to turning up. You don't want to travel across a city only to find there's nobody else there!"

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DAILY EXPRESS

One Canada Square, London E14 5AP
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Cowardly Keir is out of friends and out of time

FOR a party that has taxed Britain to the hilt, sent benefits payments into the stratosphere, and left a trail of chaos with every twist and U-turn, the excuse takes some beating.

Andy Burnham was stopped from standing for Parliament because it was...err...too costly!

The pathetic reasoning for blocking his by-election challenge would embarrass a banana republic.

Yet that was what the Labour Party's ruling National Executive Committee said yesterday in what amounted to a pitiful defence of our cowardly Prime Minister.

Support for Sir Keir Starmer is through the floor in the country and the party he nominally leads. Make no mistake, he is clinging to power by his fingertips, as Labour finally wakes up to what the rest of us have known for some time: this is a man staggeringly out of his depth.

In refusing to allow Mr Burnham, currently the Mayor of Greater Manchester, to contest the Gorton and Denton seat being vacated by disgraced former minister Andrew Gwynne, the shortsighted NEC – stuffed full of Starmer loyalists – has inadvertently ignited civil war.

It seems likely it will only hasten Keir's demise. The vultures were circling before this craven attempt to shore up his position and a local election bloodbath beckons in May.

Sir Keir knows he is running out of friends and he is running out of time.

In saying an unnecessary mayoral election would use substantial amounts of taxpayers' money, with resources better spent tackling the cost-of-living crisis, Labour is taking us for fools.

Thankfully time is almost up for this most pitiful of prime ministers.

A Supreme injustice

THE WALLS are finally crumbling around Britain's bloated public sector. Institutions have been brainwashed by lobby groups and activists, with politicians unable to explain what exactly constitutes a woman.

The insanity was called out, not by political leaders but by employees hung out to dry for refusing to kneel at the altar of political correctness peddled by the likes of the NHS.

It will come as little surprise that Labour, the natural home of militants, continues to drag its heels in failing to publish an updated code of practice. It was drawn up by the Equality and Human Rights Commission in the wake of last year's landmark Supreme Court ruling, an unequivocal adjudication on biological sex.

It would seem a simple enough task.

The document was handed to Women and Equalities Minister Bridget Phillipson on September 4 – five months after the judgment.

Yet almost 10 months later it is still no nearer seeing the light of day. By kicking the ball into the long grass, Labour has signalled which side of the debate it sits on.

Make a meal of loneliness

LONELINESS is growing. Millions of all ages suffer in silence as today's digital world makes us more connected, yet simultaneously increasingly disconnected.

So hats off to Paul Jaggard, who hatched a plan to match solo diners who don't want to eat alone. His scheme launches next month before being rolled out nationwide.

Company and conversation around the table? It sounds like a mash made in heaven.

Let voters decide if defecting MPs can stay in Parliament

Robert Jenrick and Winston Churchill both switched political party allegiances

Duncan Barkes

Guest columnist

THERE'S no requirement for an MP to hold a by-election if they decide to defect to another political party, but the time has come to change this. Westminster loves a political defection – the speculation, intrigue and the ultimate deed being done.

The last few months have seen notable defections of sitting Tories deciding to join Nigel Farage's Reform UK.

When such moves take place, the issue of whether those MPs should hold a by-election to receive a fresh mandate from their constituents once again crops up. The motivation behind quitting one political party for another is varied.

For some, self-preservation is a clear cause, in others it is a genuine belief that the party they are joining is a better fit for them. Quitting a political party that you have been a member of, and been elected to serve for, is no quick decision.

Take the defections of East Wiltshire MP Danny Kruger and Romford MP Andrew Rosindell to Reform. It's clear from both their consistent records in Parliament that they honestly believe Reform is a better place for them than a Conservative Party that still seems divided on issues such as leaving the European Convention on Human Rights.

While Tory leader Kemi Badenoch has rightly made clear her party's intention to quit the ECHR if it wins the next general election, there are Conservative MPs who clearly remain aghast at the idea.

Divided parties do not win elections.

DANNY and Andrew would not have taken the decision lightly to jump ship, and their defections should be seen as significant scalps for Reform.

Robert Jenrick's recent move is different given he was effectively bounced into making the leap after being found plotting to defect with a plan to cause as much damage as possible to the Conservatives on his way out.

Whether he regrets planning this style of departure, only time will tell. But this is not just about Reform. Over the decades, other MPs have crossed the floor and did not feel it necessary to trigger a by-election.

Bury South MP Christian Wakeford quit the Tories for Labour in 2022, while in 2024 then Dover MP Natalie Elphicke and Dan Poulter, MP for Central Suffolk and North Ipswich, decided they would be happier on the Labour benches than continuing to sit alongside their former Tory colleagues.

Famously, Winston Churchill crossed the floor, not once, but twice in the earlier part of his political life. He went from the Conservative Party to the Liberal Party and back again.

Mr Farage's magnetic power saw two Conservatives leave their party back in 2014 to join UKIP. The difference here is that Douglas Carswell and Mark Reckless, who represented Clacton and Rochester and Strood respectively, both resigned, triggering by-elections which they both won. It takes courage and conviction to make such a decision, which can only be good for democracy.

There are currently no rules in place that require an MP to hold a by-election should they move from one party to another.

The argument that supports this is that all members of the House of Commons are elected individually, and voters put a cross against the name of a candidate, not a political party.

Of course, a voter's preference might well be affected by the party label of a candidate, but once elected, MPs are free and able to develop their own arguments or positions on issues and can be judged on their performance at the next general election. These are fair arguments but do little when it comes to addressing the increasing lack of faith many have in our political system or those within in.

IS IT so unreasonable to suggest in our ever-changing political landscape that if an MP moves to another political party, then a by-election should be triggered automatically? I don't think so.

It would give that MP a clear mandate from those that they are paid to represent and give their new political party an additional boost. And in the case of the recent defections to Reform UK, successive polling suggests they would have easily won any by-elections in those constituencies given current levels of support countrywide.

Much has been written about this government's desperate decision to cancel local and mayoral elections in various parts of Britain and rightly so.

If you are as vexed as I am about this and believe democracy to be paramount, it is hard to see how you could be against the notion of any defecting MPs to any party not facing an automatic by-election.

'Churchill crossed the floor, not once, but twice in his political life'

JJ Anisiobi

THIS IS HOW I SEE IT

Protesters silent on unfashionable abuse

THE LOUDEST voices in Britain's pro-Palestine movement pride themselves on moral absolutism. Every weekend they flooded our streets, chanting about justice, oppression and human rights.

Yet when Iranians are beaten, jailed and killed by their own regime for daring to protest, the megaphones suddenly fall silent. No marches. No hashtags. No carefully curated outrage.

Why? Because some victims fit a fashionable narrative and others don't.

Condemning Israel is easy currency in activist circles; condemning Islamist regimes, or calling out abuses committed by those who don't neatly align with a preferred worldview, is apparently far more awkward.

And it doesn't stop with Iran. Where are the marches for Christians slaughtered by Islamists in Nigeria? The sustained fury over Sudan's brutal civil war? The moral outrage over children dying in cobalt mines so the West can feel virtuous driving electric cars and scrolling on shiny smartphones?

Human rights cannot be a pick-and-mix. If outrage is selective, it isn't principle, it's performance. And hypocrisy, no matter how loudly it chants, is still hypocrisy.

■ VISITING Denmark last week, I spoke to Danes and Greenlanders about Donald Trump and his frankly bonkers desire to take over Greenland. Without exception, every single one said the same thing: absolutely not! "Hands off Greenland, Trump," was the polite version. Others were far less diplomatic with their language.

Thankfully, Trump has since insisted he won't use force to get what he wants. Small mercies. But even floating the idea exposes a worrying imperial reflex that Europe cannot afford to shrug off.

This is one moment where Brussels, Copenhagen and every European capital must grow a backbone, because indulging Trump's fantasies only invites bigger ones next time.

Nurses' victory a win for reality and sanity

COMMON sense has finally staggered back into the room, slightly bruised but very much alive. This week, two separate cases involving NHS nurses delivered something that has been sorely missing from our public institutions – a dose of reality.

The Darlington nurses received their long-overdue vindication in a damning 134-page Employment Tribunal judgment. The ruling was clear: the NHS trust violated the dignity of female nurses by allowing a man to use the women's changing room.

Not "someone who identifies as a woman", A man. With male anatomy. Undressing alongside female colleagues who were expected to simply swallow their discomfort for the sake of ideological compliance.

Then came Jennifer Melle. A nurse dragged through an investigation and disciplinary process for the unforgivable crime of telling the truth. She spoke to the media after being reported to the Nursing and Midwifery Council for "misgendering" a convicted male paedophile patient. Her case has now been dropped. Quietly, conveniently and without apology.

This isn't just a win for women. It's a win for reality and for sanity.

What remains utterly staggering is that it ever got this far. In what world is it reasonable to expect exhausted nurses, at the end of gruelling 12-hour shifts, to undress in front of a man because HR departments have lost the ability to define what a woman is? Who exactly thought this was compassionate, fair or remotely sensible?

My mum was an NHS midwife for nearly 40 years. She worked nights, weekends, holidays – delivering babies, saving lives, holding hands. I'm profoundly grateful she never had to navigate this sort of institutional madness just to get changed after work.

Shame, too, must land squarely at the feet of Unison and the Royal College of Nursing. Both abandoned these brave women. Both chose ideology over safeguarding. Both sided with men at the expense of the very female members they exist to protect.

Ms Melle's case is particularly grim. A proud Christian woman, racially abused and threatened by a male paedophile patient after she correctly addressed him as "Mr". He called her the N-word three times. He was hospitalised with a urinary tract infection – a condition that is, rather obviously, treated differently in men and women. Correct sex identification in medicine is not bigotry, it's basic clinical competence.

I would love to believe this marks the end of NHS lunacy. Sadly, I don't. As long as we're still hearing phrases like "chestfeeding" and "people who give birth," the fight for truth isn't over.

But for now, credit where it's due. These nurses stood firm. And this time, reality won.

Brooklyn with wife Nicola, and Express man JJ, inset

I'm backing Brooklyn over Brand Beckham

BROOKLYN Beckham would be nowhere without the fame and fortune of his parents. That is undeniable. But here's the uncomfortable bit for Team Beckham: some of what he's hinted at is probably true.

Back when I was a young showbiz hack, Posh and Becks ran their image like a military operation. The narrative was tight, the smiles immaculate, and several fearsome pitbulls of publicists kept journalists firmly in line.

What's also true is this: Brooklyn has never been a brat. He's always been polite, thoughtful and refreshingly normal for a kid raised inside celebrity royalty. So if he feels managed, manipulated and quietly disapproved of, I'm inclined to believe him.

I've met everyone involved and if I had to bet on who's being most honest about what's gone on behind closed doors, my money's on Brooklyn.

IF THIS IS BIG BROTHER... MY VOTE'S TO KEEP FACIAL-RECOGNITION COPS IN THE HOUSE

ALTHOUGH I often berate our police forces when they mess up, I'll happily give credit where it's due. Right now, the cops in Croydon deserve a standing ovation. The South London borough has been dubbed Britain's first "Big Brother Town" and, frankly, if this is Big Brother then I'm voting to keep it in the house.

Thanks to facial recognition cameras in the town centre, criminals are being caught every 34 minutes. That's not a typo. Every. Thirty. Four. Minutes. Some of these wrong'uns have been on the run longer than certain pop stars' farewell tours. One violent offender had managed to dodge justice for over 20 years before being clocked. Another chap wanted for kidnap was also scooped up. Turns out you can run, but you can't hide from a lamppost.

Croydon was chosen precisely because it had become a magnet for crime, so police installed specialist cameras at key entry and exit points. They look like standard CCTV, but they're only switched on at specific times to scan faces against a watchlist of wanted criminals. This isn't some dystopian free-for-all where everyone's face is stored forever. If you're not wanted, your biometrics are deleted quicker than a dodgy tweet.

The results? Astounding. Around 100 arrests so far, with a third linked to violence against women and girls, including sexual assault and strangulation. Retail crime, violent crime and sexual offences have dropped by 12%. That's fewer victims, safer streets and criminals finally facing consequences.

So forgive me if I'm not clutching my pearls about civil liberties just yet. If this technology protects women, cleans up town centres and puts dangerous people behind bars, then roll it out nationwide. We might need a few more prisons – but that feels like a far better problem to have.

DAILY EXPRESSO SEE HOST JJ ANISIOBI AND GUESTS IN NEW EPISODES MONDAY TO FRIDAY ON THE EXPRESS YOUTUBE CHANNEL

Enhanced home cancer tests to find thousands more cases

BY **JANE KIRBY**

THOUSANDS more cases of bowel cancer could be prevented or caught early after health bosses agreed to alter home-screening stool-kit guidelines.

NHS England said it will lower the detection threshold for the faecal immunochemical test from next month.

The move means thousands more people will be checked for signs of bowel cancer and 600 more cases could be detected early each year.

Home kits are offered to everyone over 50 and work by detecting blood in a stool sample. The pack measures micrograms of human haemoglobin per gram of faeces.

People simply put a sample in a tube at home and return it by post to the NHS for testing. The threshold at which further investigations – such as colonoscopy – are triggered has now been reduced from 120 micrograms of haemoglobin per gram of faeces to 80.

Peter Johnson, national clinical director for cancer at NHS England, said: "This is a major step forward in bowel cancer detection and will help save hundreds more lives from this devastating disease. Testing at a lower threshold will now provide a better early-warning system for bowel cancer, helping us to spot and treat cancers earlier, often picking up problems before symptoms appear."

Genevieve Edwards, chief executive of Bowel Cancer UK, said: "This is great news for people living in England. Increasing the sensitivity of the test means more cancers will be prevented and found earlier, saving more lives."

Michelle Mitchell, chief executive of Cancer Research UK, said: "It means more cancers will be detected at an earlier stage, when treatment is more likely to be successful."

The move could save the NHS £32million each year.

Bowel cancer home-screening stool kit

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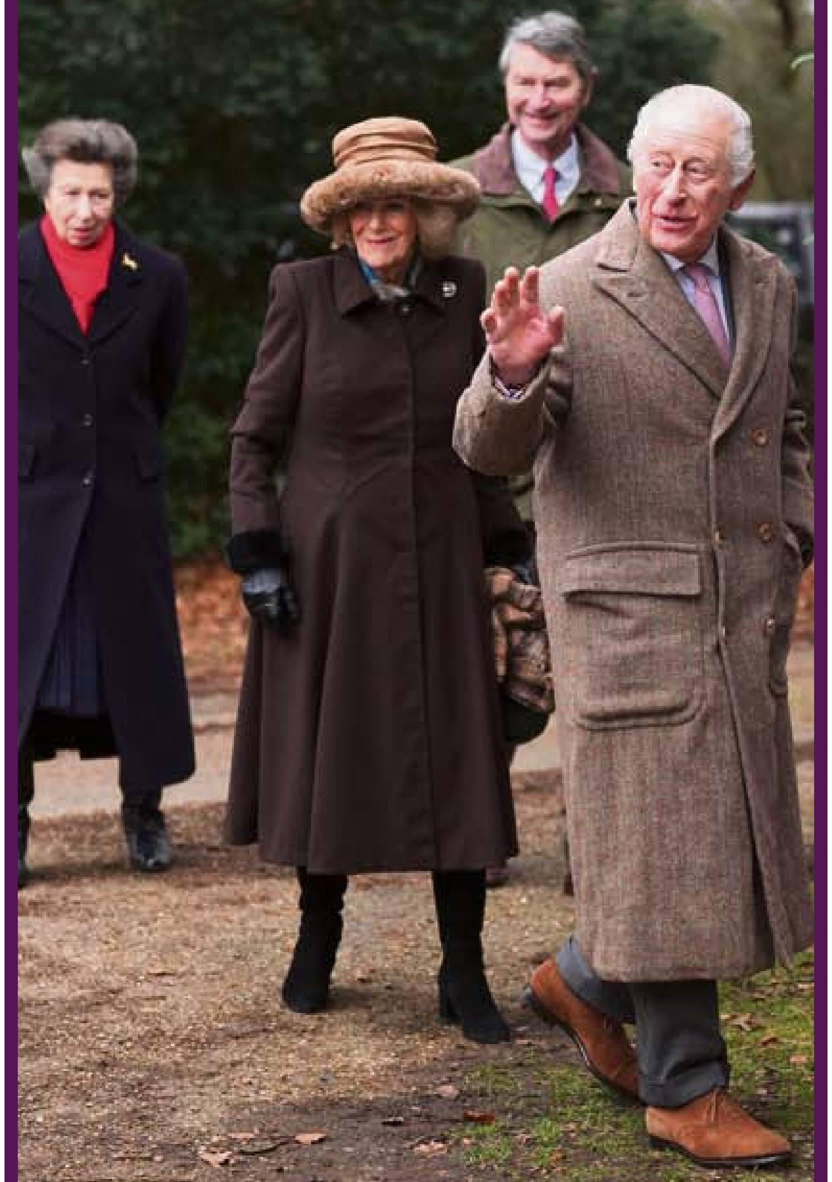
On the wave to church



BY **JAN DISLEY**

THE KING smiles and waves to onlookers as he heads to church with Queen Camilla on his Sandringham Estate yesterday.

Charles, 77, looked cheerful, wrapped up warmly in a long houndstooth coat over a grey suit.

While 78-year-old Camilla wore a fit and flare chocolate brown coat and black boots , topped off with a fur-trimmed light brown hat.

They were joined by the Princess Royal, 75, and her husband, Vice Admiral Sir Timothy Laurence, 70, at St Peter's in Wolferton, Norfolk.

The service was led by Archbishop of Canterbury elect, Dame Sarah Mullally, 63, who takes up the role on Wednesday.

King Charles and Archbishop-elect Dame Sarah Mullally yesterday

Brave Alex has a head for highs

Alex nears the end of his scary climb

Free climber scales 1,667ft tower live on TV

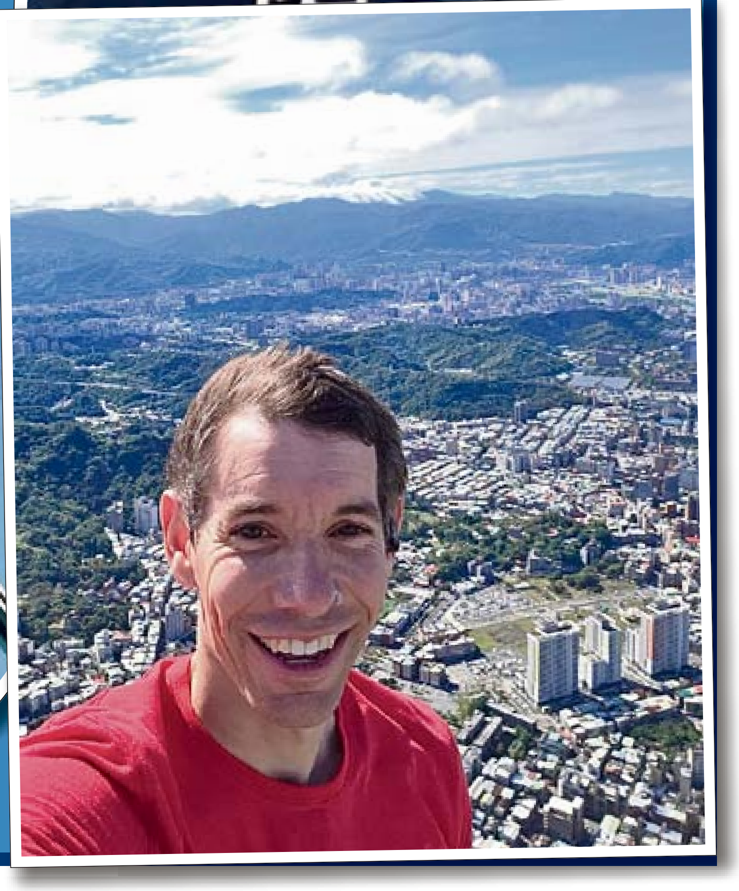
BY **JEREMY ARMSTRONG**

DAREDEVIL climber Alex Honnold astonishes viewers by scaling a skyscraper without ropes live on Netflix.

The 40-year-old American clambered up the 1,667ft Taipei 101 building in Taiwan in an hour and 35 minutes.

US sources speculated he was paid hundreds of thousands of dollars but Honnold said afterwards: “In the context of mainstream sports, it’s an embarrassingly small amount.” He also said he would have done it for free, explaining: “Sitting by yourself on the very top of the spire is insane.”

Alain Robert was the first to climb Taipei 101 in 2004. It took the Frenchman four hours, using safety ropes.



A tricky part of the climb, left; having his photo taken, below; on top of the building, above, and a spectacular selfie, right

Artificial hand users learn to get right grip with AI aid

BY **STEPHEN BEECH**

ARTIFICIAL limbs users are being given a helping hand to perform everyday tasks by AI technology.

A big problem for people with prosthetic hands is assessing the grip strength needed for an item.

Researchers in China have created an object identification system for prosthetic hands to guide real-time decisions using machine learning, a camera and a sensor.

Prof Hua Li said: "We want to free the user from thinking about how to control an object and allow them to focus on what they want to do, achieving a truly natural and intuitive interaction."

Their system – described in the journal Nanotechnology and Precision Engineering – uses a sensor at the user's forearm to assess grip.

Prof Li, of Guilin University of Electronic Technology, said: "We hope to see users be able to effortlessly tie shoelaces or button a shirt, confidently pick up an egg or a glass of water without consciously calculating the force."

Prosthetic hands get boost

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BY **HANNAH BRITT**

OFFICIALLY the oldest swinger in town, veteran BBC DJ Tony Blackburn might be on the cusp of turning 83 but he has no intention turning the mic off just yet.

"I don't want to retire, I've never had a wish to," he tells us.

"What's the point in retiring if you're enjoying what you do? It keeps your mind active as well.

"That said, I don't want to be someone who staggers in at 101 not knowing where they are. Hopefully Radio 2 will escort me out if that happens.

"When the time comes, I'd love to grow old – well, older – by the sea."

Despite his advancing years, Tony, whose new Radio 2 show Sounds of Soul launched on New Year's Day, has lost none of his drive.

And having won the first instalment of I'm A Celebrity back in 2002, the former Top of the Pops host has ambitions of another successful stint on the telly.

He says of his stint in the jungle: "I enjoyed it very much. But I've turned down Mastermind on a couple of occasions. I'd be awful at it. I love watching Mastermind because I love quiz shows. But I'm dreadful on them. I can't remember the answers.

"I was asked a little while ago to do Big Brother, but I wouldn't want to do that sort of thing. And Strictly Come Dancing, I've never been asked to be on because I'm the world's worst dancer.

"However, I love The Traitors. That's great. If I was asked to do The Traitors, I'd probably do that."

Tony's made no secret of being a Corrie superfan either, and says he is still touting for a role.

'The best decade for music was the 60s. I woudn't say we're in a brilliant era now'

He says: "My main love in life is Coronation Street. I've hardly missed any episodes since it started.

"I'd love a cameo. I'd just like to sit in the Rover's Return with a glass of beer and not say anything.

"I loved the Corriedale episode. God, they put everything into it, didn't they?"

But he has no full-time plans to leave Radio 2 for now. Still waxing lyrically about music, he says: "The best decade for music was the 60s. It was an era that I'm really glad I grew up in because it was exciting.

"But the best album ever is Marvin Gaye, What's Going On?

"Now I love Jill Scott, Alicia Keys and Bruno Mars. But I wouldn't say we're in a brilliant era for music…"

Still full of energy, Tony has spent 62 years at the top of his game, helping launch pirate station Radio Caroline on a ship in 1964 and progressing through numerous stations from Radio 1 to Smooth, Capital and Classic Gold.

He laughs: "I'm the oldest at Radio 2. I've got a contract with Radio 2 for a couple of years so, you know, it's a lifetime contract for me. Bob Harris is just behind me, I think.

"I'm not mad about it. I mean, I don't see any advantage in getting older. I'd much rather be younger, but that's not going to happen, so you just live with it. And as long as you've got your health, that's the main thing." Wise words, especially coming from a man who had a brush with death in 2023.

He says: "I was doing too much and I ended up with sepsis. I didn't realise how unwell I was until my family were all around my bed.

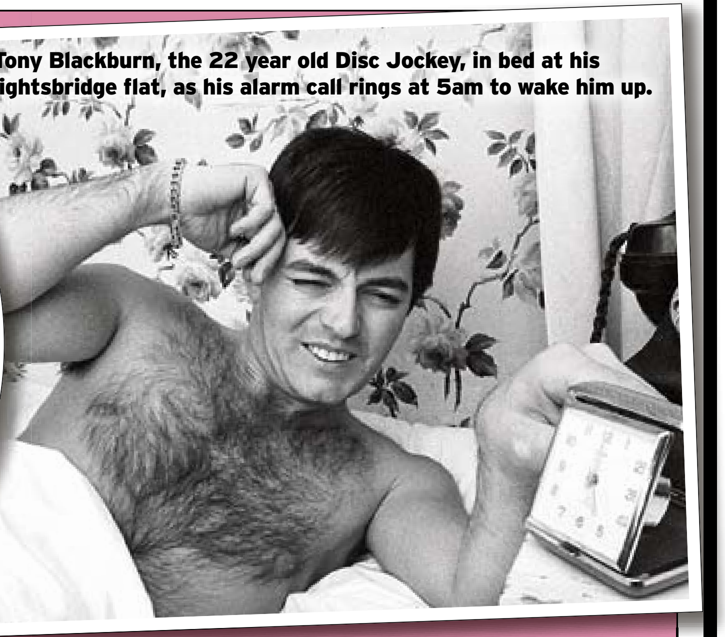
"I got bacteria in the heart, so it was a bit touch and go. I thought, 'Good God, I don't want them to get my money yet'."

With the rest of his career still to look forward to, Tony is refreshingly enthusiastic about the sound of the future. He says: "I love technology, I absolutely adore it, and have always embraced it. If I heard a song that's been made using AI and thought it was catchy, I'd play it on my show.

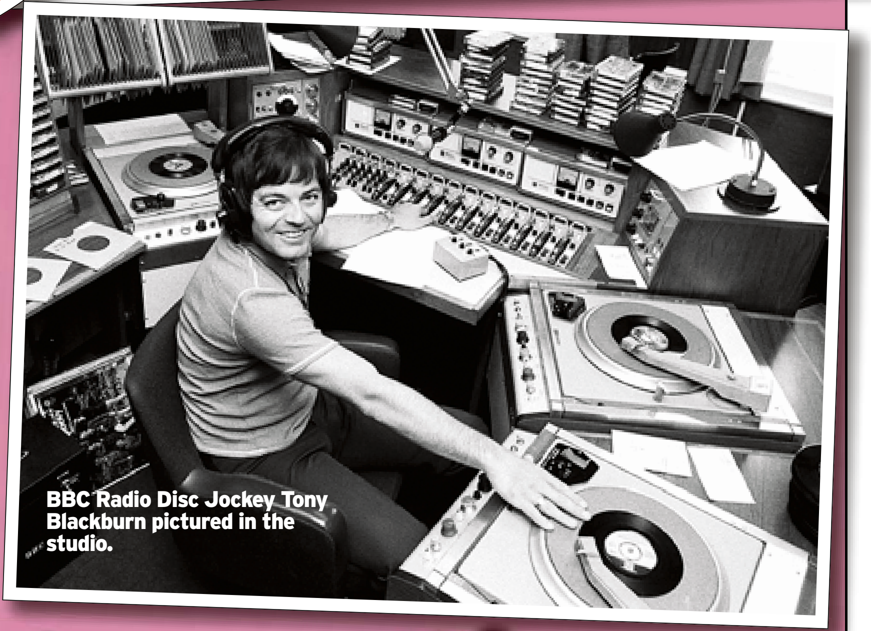
"I don't think AI will ever replace

Tony Blackburn's Sounds of the 60s Live Tour 2026 will begin in March and run throughout the year, tickets are on-sale now via ticketmaster.co.uk/

Tony hosting Top of the Pops in 1970. Top with Debbie on their wedding day in 1992 and , above, in 2014



Tony Blackburn, the 22 year old Disc Jockey, in bed at his Knightsbridge flat, as his alarm call rings at 5am to wake him up.



BBC Radio Disc Jockey Tony Blackburn pictured in the studio.

I don't plan to retire ... I would go on The Traitors if I was asked

the actual artists. But if a song is good, it's good."

He admits to some worries about AI taking jobs but is mostly pragmatic, saying: "It's something that we'll have to learn to live with.

"It's got a lot of good uses, I think, medically and things like that. It will do a lot of things to make our lives better."

Being suspicious of technological advances is not new, he says, recalling: "I had one of the first satellite dishes in the country actually, and in Kensington.

"It was a 1.9-metre dish. When I put it up, it revolved and I got reported by the neighbours because they thought I was a spy."

Despite being a fan of the newfangled, Tony admits he is worried about how things have developed globally on a political level.

He says: "The world has gone mad. It's a weird place now, isn't it?

"We're ruled by a load of very odd people. I've never known an era like it in my lifetime. I think it's very dangerous and sad.

"I mean, it's just crazy who's governing us now. It's madness. You look at the news and you think, 'That can't be real. That must be AI'. But it's not, unfortunately."

Tony has been married to wife Debbie since 1992 and has children Simon, 53, and Victoria, 29, from his marriage to Tessa Wyatt.

He and Debbie met when they both starred in panto in 1982 and Tony says if he had not found radio, he would have been a salesman.

He explains: "I like selling things. Basically, radio and television is selling an item. I used to sell ice creams along the Bournemouth seafront when I was at college, vanilla tubs.

"That's all we had in those days. For probably about sixpence or something like that.

"I did it really well. I started off with a tray and ended up with a big barrow."

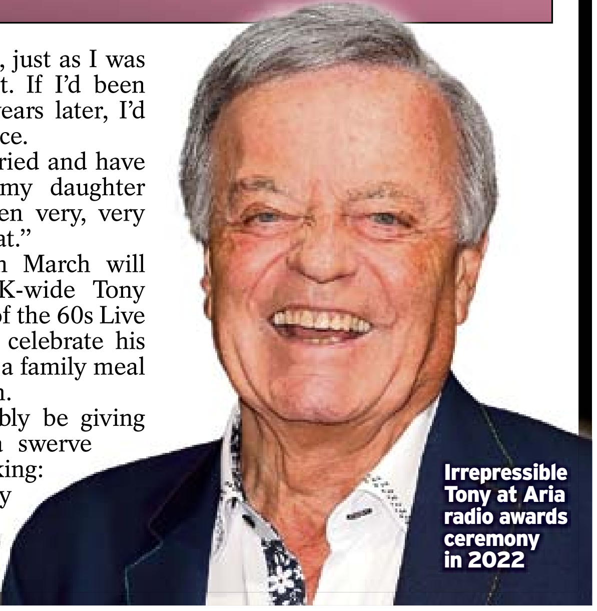
Now living comfortably in Berkshire, he puts much of his career success and personal happiness down to luck.

He says: "Radio Caroline came along when I was 21, just as I was looking to go into it. If I'd been born two or three years later, I'd have missed the chance.

"I am happily married and have grandchildren, and my daughter and son. So I've been very, very lucky and I realise that."

And Tony, who in March will embark on the UK-wide Tony Blackburn's Sounds of the 60s Live Tour 2026, plans to celebrate his latest milestone with a family meal at his favourite Italian.

But he will probably be giving the birthday cake a swerve from now on, joking: "There are so many candles these days, it's a fire risk."



Irrepressible Tony at Aria radio awards ceremony in 2022

Amelia's out to break record of 8,000 birthday cards while she gets cancer care

Messages flood in for girl, 7

BY **ANDY CRICK**

A BRAVE little girl with cancer hopes to break a UK record by getting 8,000 birthday cards.

Amelia Kolpa, seven, has the rare condition neuroblastoma in her stomach.

As a result, she has been in and out of hospital since she was two years old.

Amelia beat the cancer, but then it returned, and she is now getting palliative care.

The growing pile of cards sent to Amelia

Amelia Kolpa in hospital and, below, with mother Katarzyna Bartczak

She turns eight in just over five weeks, on March 3.

To mark the birthday, her mother Katarzyna Bartczak wants to smash a UK record for the most amount of greeting cards.

And, as the message spreads, cards are beginning to arrive from across the country and beyond.

Katarzyna, of Halesowen, West Mids, said: "To be honest, I'm in shock at how many we have got.

"Every time I show Amelia how many people love her and want to wish her happy birthday, her smile, her giggling and the spark in her eyes make me so proud of her.

"Her journey was so long, and now we are doing everything to make her happy and comfortable and make all of her wishes come true."

Amelia initially set a birthday target of 5,000 cards, but has since increased it.

Well-wishers can drop off cards at three locations in her local area. The drop-off points are Highfields Primary School, in Rowley Regis; Leasowes High School, in Halesowen, and Artisan Espresso Bar Ltd, in Rowley Regis.

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Baby's heart op backed by star 'successful'

Jasmin Roberts with her heart-op son Ollie

BY **RIA NEWMAN**

A BABY'S life-saving heart surgery which was part-funded by Hollywood's Ryan Reynolds has been a success, says his mum.

Jasmin Roberts raised more than £1.5million to have son Ollie Williams treated at a US hospital after a complex defect stopped his blood being properly oxygenated.

The specialist intervention is not available in the UK and Jasmin's appeal was backed by a £10,000 donation from Deadpool actor Ryan, who is also co-owner of Wrexham football club.

Jasmin, 24, of Wrexham, shared her positive surgery news from Stanford children's hospital in Palo Alto, California with her 298,000 online followers, saying: "He underwent his operation.

"It was a long, brutal day, with the surgery itself taking over 11 hours. The surgery was a success!

"The most complex stage of his heart repair is now done. Ollie is expected to have stage two [surgery] in the UK in a few months' time, which will complete his full repair. Ollie has actually done even better than his care team originally expected, and he is now recovering in the ICU."

Bank support worker Jasmin went on: "His colour has already started to improve, as have his oxygen saturations, which is so encouraging.

"The next few days are critical…but his team have high expectations.

"I cannot put into words how grateful I am to every single person who helped make this possible.

Ryan Reynolds donated £10k

"You quite literally helped fix my baby's heart…and Ollie, I am so incredibly proud of you. Thank you for being such a little fighter." Ollie, now 20 months old, was diagnosed with a misformed pulmonary artery and a hole in his heart after a hospital check-up for jaundice spotted that his oxygen saturation levels were dangerously low.

Strife at Wormwood Scrubs

86 arrested at protest for prisoner on hunger strike

BY **GEORGIA BATES**

EIGHTY-six people were arrested on suspicion of aggravated trespass at a jail during a protest in support of a Palestine Action prisoner on hunger strike.

Met Police said they were held outside Wormwood Scrubs in West London.

The force alleged the group refused to leave the grounds, blocked prison staff from entering and leaving, and threatened cops.

The Met said some accessed a staff entrance area but it is understood that they did not get past security.

It is believed that the demonstration was in support of Umer Khalid, 22, the last remaining Prisoners for Palestine hunger striker.

The Ministry of Justice said: "The escalation of the protest is completely unacceptable.

"While we support the right to peacefully protest, reports of trespassing and threats being made to staff and police officers are deeply concerning. At no point was prison security compromised."

It added that striking inmates' health is monitored.

Trades under assault from £56m tool thefts

Tooled-up thieves steal from vans and lock-ups on industrial scale

EXCLUSIVE

BY **PAUL JEEVES**
Crime Editor

HARD-working tradespeople face an "economic assault" costing them over £56million a year.

Out-of-control gangs are stealing their tools in "industrial numbers".

Thefts leave workers including plumbers, electricians and builders, out of pocket, but also unable to work until replacements arrive.

Some 25,525 tool thefts were reported to police in the 12 months to the end of 2024, data obtained via Freedom of Information requests by Fix Radio revealed

This equated to one theft every 21 minutes, with around 70 tradespeople targeted every single day.

Fix Radio presenter Clive Holland said the damning figures represented more than just petty larceny. They undermined an industry that provides the backbone of Britain.

He said: "This is not a minor crimewave. It is a sustained attack on working Britain. Tools are not luxuries. They are how people earn a living. When they are stolen, it is not just equipment that disappears, but income, trust and in many cases the ability to keep businesses going."

Around £40m was lost in the value of tools, with another £16m in cancelled jobs, downtime and disrupted schedules. The typical tool theft cost an average of £1,565 in stolen gear and a further £623 in lost business.

Vehicles were the primary target for thieves, with nearly half (49%) of all reported incidents van-related.

While much of the crime was opportunistic, data highlighted a disturbing shift to organised gangs. Thieves increasingly track routes, identify poorly lit parking areas and strike when vans are fully loaded. Meanwhile, nearly half of construction professionals reported being approached by criminal groups offering "protection". Some 67% had seen crime rise in the last year.

London's Met Police suffered the highest volume of vehicle tool theft. Other hotspots include West Yorks, Bedfordshire and Gwent. Thefts peaked in the autumn as darker evenings provided cover for criminals.

Fuelling the thefts were stats suggesting over a quarter of UK adults admitted buying secondhand tools.

Mr Holland warned: "Tool theft keeps happening because stolen tools are easy to sell. Online marketplaces, informal resale groups and car boot sales provide a quick route to cash, with little scrutiny."

As 755,000 self-employed workers rely on vans as mobile workshops, Fix Radio is leading calls for the government and police to treat tool theft as seriously as the economic damage that it causes.

COMMENT

CLIVE HOLLAND

Fix Radio presenter

TOOL theft is not a minor crime wave but a sustained attack on working Britain.

Behind each case is a worker opening their van and getting that sinking feeling as the door slides back and the shelves are bare.

Tools are not luxuries. They are how people earn a living. When they are stolen, it is not just equipment that disappears; it is income, trust, and, in many cases, the ability to keep a business going.

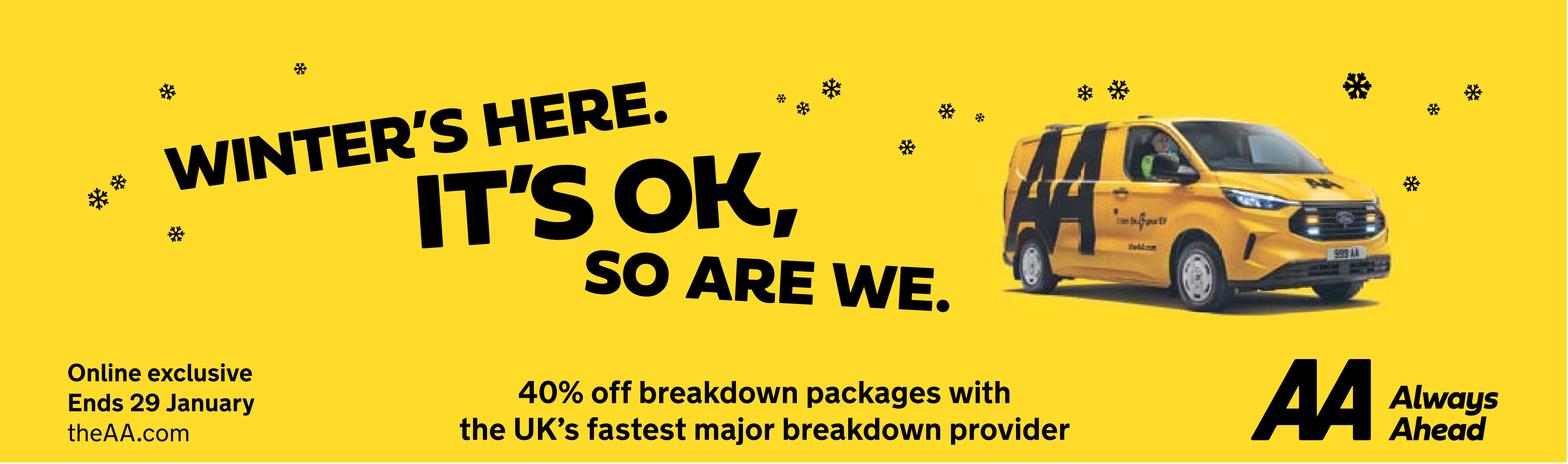
Hard-working Brits should not be expected to absorb thousands in losses every time a thief spots an opportunity. A stolen set of tools is not "petty crime". It is a day's work gone, and for some, the difference between staying afloat and going under.

Tougher

Tool theft must be treated in line with the economic damage caused. That means tighter controls on the resale of secondhand tools, action against markets that enable stolen goods to circulate, and wider use of measures such as forensic marking to make tools harder to sell on.

Tradespeople have been calling for tougher sentencing and better enforcement for years, including support for the Theft of Tools of Trade (Sentencing) Bill. They are right to do so.

Our call to action is simple: make stolen tools harder to shift, make the consequences real and stop asking working people to carry the cost alone.



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Why we're seduced by conspiracy theories

From unsolved murders to secret global alliances, history is rife with alternative belief systems. Following the death of Erich von Däniken, who claimed aliens built the pyramids, behavioural scientist NUALA G WALSH on the dangerous allure a compelling counter-narrative

DID extraterrestrial visitors really help ancient civilisations build monuments like the Egyptian pyramids? That may seem far-fetched. But in 1968, Erich von Däniken's non-fiction book Chariots of the Gods? became a global best-seller, selling an instant 700,000 copies. He tapped into something distinctly human: the need for explanation, especially in times of uncertainty.

Nearly 60 years later, following his recent death at the age of 90, his premise that official explanations are inadequate fuels the raging conspiracies we hear today.

Von Däniken invited people to entertain a radically alternative view. It contained a simple hook – "that's not what really happened". Modern theories have a similar lure, paving the way for popular claims like 5G towers as mind control tools, described by Michael Gove as "dangerous nonsense".

Narratives of unofficial plots by governments, institutions, or corporations flourish when official explanations fall short – or when the public suspects a different truth. Today's rising distrust, political polarisation, and scientific complexity offer perfect conditions for conspiracy thinking.

But this doesn't explain scale. It's not that people are more gullible; technology just makes belief easier. The virality of AI and deepfakes accelerates the path to belief. Social media platforms then reward sensationalism over accuracy. It's why sustained conspiracy theories like 9/11 as an inside job travel faster and stick longer than fake news nuggets like Obama's birthplace which are more one-off.

It's essential to understand the dual ecosystem: the minds of those who create these narratives and those who consume them.

Despite increased awareness and extensive research into misinformation, up to a third of people globally endorse at least one conspiracy theory. They're enthusiastically drawn in. But why?

It starts with the entertainment factor. Few admit it, but conspiracy theories are gripping. People respond instinctively to shock and salience. The more sensational and outrageous the claim, the better. The drama keeps us hooked. It's how Netflix thrives on tens of thousands of titles.

Another reason is enhanced identity. Conspiracy purists bask in their knowledge of flat-earth, UFO or Elvis sightings. They're awake while everyone else is asleep.

This status reward signals their cleverness. In an ironic twist, now they're the elite. Detecting secret cover-ups becomes a badge of honour.

Then factor in the desire to belong to a tribe that validates outlier views. Once inside, bias blind spots and deaf spots are triggered. Deaf spots are about what we hear – or don't. Too often, we take information at face value and tune out the rest. Conspiracy theorists manipulate these biases, like an Agatha Christie deception plot. It's how con artists extract billions from innocent victims. It's why fraud losses in the UK alone topped £1.17bn in 2024.

AN UNDERESTIMATED deaf spot we all encounter is confirmation bias. This happens when we cherry-pick supporting facts to prove our hypothesis. This can be suspicious neighbours, Kate Middleton's body double or MI5's alleged cover-up of Princess Diana's death. We discount argument nuance and inconsistency. Doubling down, we turn a deaf ear to contradictory evidence, selectively filtering what we hear.

And with extensive information online, it's easy to craft any theory. A carefully constructed argument can be as compelling as the truth. As O.J. Simpson's lawyer Johnnie Cochran proved, the best story often wins. It just needs to create enough reasonable doubt to evoke a "maybe".

As I describe in my book Tune In: How to Make Smarter Decisions in a Noisy World, dozens of these deaf spots derail our judgment in everyday situations, driven by predictable ego, power, identity, and story-related traps. We're innately motivated to mishear.

Consider how quickly we're drawn to stories that provide coherent meaning. In a 24/7 overstimulated world, depleted attention demands simple explanations, regardless of veracity. Few enjoy what doesn't add up. Science, the FBI, BBC, or CIA can't explain unsolved murders, disappearing MH370 flights, or moon landing anomalies.

Whistleblower Edward Snowden

We want to know why. When we don't, we'll tune in to anyone with a reasonable answer. Conspiracies fill this vacuum. The inexplicable becomes explicable. We gain comfort and closure, even if false.

The trouble is that possibility is often mistaken for probability, or worse, plausibility. Some theories may appear credible or even possible. It's the "no smoke without fire" rationale. But what's possible isn't necessarily what's probable. Consider modern surveillance claims that smart meters are spy devices or Tesla controls a driver kill switch.

Moreover, what's improbable can appear plausible, like the well-trodden tales of Marilyn Monroe's "murder" or JFK's assassination cover-up.

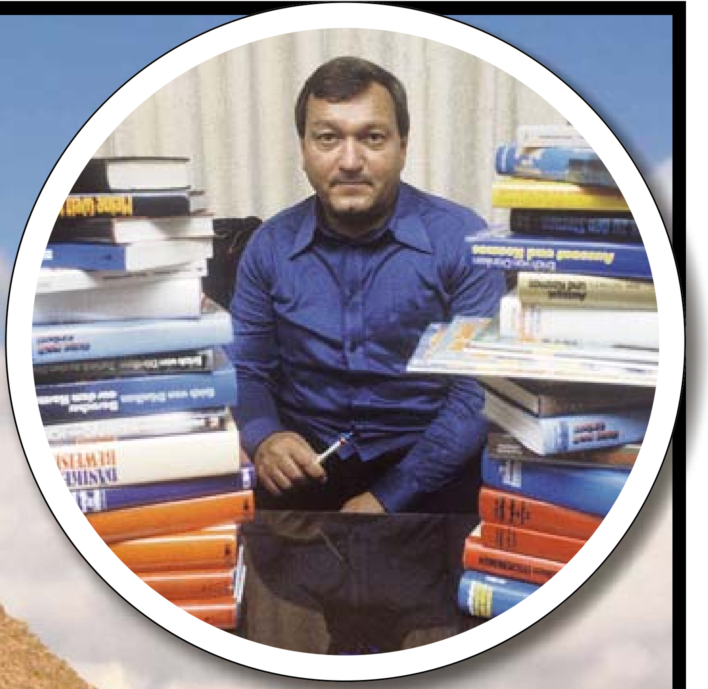
While some fringe theories can be disproved, many cannot. But some supposedly "crazy" theories have been validated. Whistleblower Edward Snowden's claims of secret mass surveillance were dismissed as alarmist – until they weren't. History concurs. In the 1930s, few believed the US government would use Black Americans for syphilis experiments at Tuskegee, yet 128 men paid with their lives. For 40 years, Big Tobacco buried research about carcinogenic smoking-related deaths. And for decades, allegations of Catholic Church abuse were dismissed or suppressed.

Over time, validated conspiracies fuel our belief in bigger theories. The "crazy" becomes more plausible. Once that door opens, it rarely closes.

For every Tuskegee or Snowden, dozens of cruel theories circulate, ignoring the human cost.

France's first lady Brigitte Macron was the target of a debunked theory that she was born male. Ten cyberbullies were convicted of spreading malicious content. Families pay a price. Australian Prime Minister Harold Holt disappeared while swimming in 1967, presumed drowned. Later accounts suggested he was kidnapped, a Chinese spy or faked his own death. Conspiracy theories are rarely victimless. Once misinformation spreads, manipulated algorithms make it difficult to unwind the truth.

Given these costs, motivation deserves scrutiny. So why do people create and per-



Erich von Däniken's books claimed our early culture was influenced by aliens, including the building of the pyramids, left

UFO stories, particularly about Area 51, in America's Nevada Desert, are rife

Some believe 5G phone towers are used for mind control

petuate these? Some do it for money. After all, it's a lucrative business that spawns money-spinning books, movies, and podcasts. When radio host Alex Jones denounced the Sandy Hook school massacre as a hoax, YouTube recommended his InfoWars website videos 15 billion times.

He gained instant followership and $165 million in incremental sales. However, traumatising parents of its 26 victims cost $965 million in compensation.

Others perpetuate misinformation for power. 1970s cult leader Jim Jones weaponised the narrative that "government forces were coming" to manipulate behaviour at the People's Temple. Fear-based deaf spots convinced over 900 followers to commit mass suicide. Isolated in the Guyana jungle, they embraced the comfort of the ingroup and the promise of a better life.

Conspiracy creators are also motivated by politics. Think rigged elections or the Volodymyr Zelensky deepfake that compelled Ukrainian troops to surrender. Most reflect anti-establishment sentiment.

Many genuinely believe their version of the truth. Under pressure, Donald Trump urged that hydroxychloroquine would save lives. Despite medical consensus, Robert F. Kennedy Jr. strongly opposes vaccine use.

Whatever the reason, communicating unproven ideas is not only negligent but dangerous, especially when leaders hold power. Public health researchers estimate that anti-vax campaigns led to 200,000 preventable deaths during the pandemic.

CREATORS alone don't explain interest. Conspiracies require an audience. Is there a particular type that consumes them?

Anyone can spot the paranoid "Everyone's out to get me" character. You may live or work with one. Sometimes, it's all of us. Research points to subtle traits. While there's no definitive type, certain personalities are vulnerable. Certainty hunters who dislike ambiguity are more likely to embrace the comfort of conspiracies. So are the distracted, overwhelmed and socially isolated who lack the time, inclination and ability to decipher seductive narratives.

Like Von Däniken's readers, the open-minded will investigate contrarian hypotheses and conclude "maybe". The questioning sceptic will also embrace alternative views more quickly. Unsurprisingly, confident narcissists overestimate their ability to detect deception and underestimate susceptibility.

Intellect is no buffer. Smart people find cogent patterns to justify beliefs, ironically making them easier to fool. Sherlock Holmes inventor Arthur Conan Doyle believed photos of fairies proved the paranormal. Similarly, double Nobel laureate Linus Pauling was convinced that megadoses of vitamin C would cure cancer.

Context influences consumption as much as personality. Citizens in high-corruption countries exhibit stronger conspiracy beliefs than those in lower-corruption countries. Potentially, they've been exposed to greater evidence. When personality and context align, conspiracy theories thrive.

So are they here to stay? Intense speculation will always surround missing children, stolen elections, or unexplained events.

Today, with rising uncertainty and distrust, there are more information vacuums to fill. And AI will prove instrumental.

What's more, entry costs are reducing. A plausible idea that creates reasonable doubt can scale rapidly. Sticky stories represent a quick win for attention-seekers and nefarious actors. That's why it's necessary to minimise harm to yourself and others.

VON Däniken's ancient astronaut speculation was relatively harmless. His account merely offered a different view of civilisation. This compares to violence-inducing conspiracies that result in murder, vandalism, January 6 riots, rampant 5G mast arson attacks across the UK, and a lot more besides.

While people are naturally curious about radical ideas, we also have a responsibility not to promote or share unproven drama for clickbait likes, sales, eyeballs or headlines.

Not every alternative theory is rubbish, and not everything official is true. While alternatives can sharpen critical thinking, distanced objectivity is still needed.

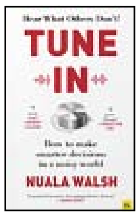
We cannot eliminate these but must recognise their attraction and neutralise them. A Google search will surface immediate counterevidence. This search can be followed by two basic questions: "Who benefits from this?" and "What evidence am I ignoring?"

As long as attention-grabbing stories beat inconvenient truths, conspiracy theories will persist and proliferate.

If we don't recognise our own misjudgement traps in time, clever minds will continue to reach not-so-clever conclusions. Greater scepticism, tolerance for uncertainty and conscious reinterpretation are a start.

It's time to tune in.

● *Tune In: How to make smarter decisions in a noisy world by Nuala Walsh (Harriman House, £15.99) is out now; nualagwalsh.com*



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Pensioners' natter now a podcast

Do you
REMEMBER
The Time?

From left, Anne, 92, Doreen, 92, and Maureen, 88, in their care home 'studio'

BY **KARL GRAFTON**

THREE lifelong friends with a combined age of 272 have become Britain's oldest podcasters.

Doreen Lichfield, 92, Anne Borne, 92, and Maureen Ward, 88, talk about how life has changed in Do You Remember the Time?

Doreen described podcasting as learning a new language but said the dynamic between the trio made it work. "We're all very different," she added. "We don't always agree but we always listen and laugh." Maureen said: "We didn't know what a podcast was but it's really just like having a good natter over dinner.

"It's what we do every day but now we're recording it too."

Their care home, Sutton Rose in Sutton Coldfield, near Birmingham, bought studio equipment to make the monthly podcast and YouTube video.

Staff came up with the idea during a residents' reminiscence group.

Monkeys share their own good foraging guide

Fluid networks improve tips

BY **LUCINDA CAMERON**

SOCIAL climbing spider monkeys swap "insider knowledge" about where to find the best fruit trees in the forest by constantly changing their social circles, research found.

The matey primates regularly branch out into new social subgroups which enables them to share tips about where food is, scientists said.

The study involved scientists from Heriot-Watt University, the University of Edinburgh and the National Autonomous University of Mexico.

Forage

It was based on seven years of field observations in Mexico's Yucatan Peninsula.

Scientists used the data to explore a feature of Geoffroy's spider monkey social behaviour, which sees group members split into small subgroups, then rejoin in different combinations.

The same subgroup might never forage together twice, said the research published in the journal npj Complexity. Dr Matthew Silk, an ecologist from the University of Edinburgh, said: "Some parts of the forest are known by multiple monkeys, like a town's most popular restaurant.

"Others are known by only one or two monkeys, like a hidden gem.

"There's enough overlap for monkeys to meet and exchange tips, but enough separation that each monkey scouts different parts of the forest.

"This maximises the whole group's collective coverage of the best feeding spots."

Geoffroy's spider monkey hunting for fruit

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30-SECOND CHALLENGE

JUST follow the instructions from left to right, starting with the number given to reach an answer at the end of the row. Set your own 30-second challenge. For the very young or arithmetically rusty, you have 30 seconds for the BEGINNER task.

For a greater challenge, try BEGINNER and INTERMEDIATE in 30 seconds. True mental gymnasts should try INTERMEDIATE and ADVANCED in 30 seconds together.

Today's answers can be found in the puzzles pullout

YOUR ANSWERS

Beginner	20	4/5 OF THIS	+35	÷3	-8	x7	-3	60% OF THIS	+28	
Intermediate	84	÷12	+58	INCREASE BY 60%	-68	TAKE THE SQUARE ROOT	+5	x13	-86	
Advanced	18	x8	TAKE THE SQUARE ROOT	+289	÷7	-26	x5	+187	INCREASE BY 25%	

THE NATIONAL LOTTERY

SATURDAY, JANUARY 24
LOTTERY
1 4 8 23 34 57 29
THUNDERBALL
3 15 22 29 39 5

FRIDAY, JANUARY 23
EUROMILLIONS 4 5 13 21 42 3 10
THUNDERBALL 7 15 18 26 32 3

THURSDAY, JANUARY 22
SET FOR LIFE 1 5 13 17 21 2

THE HEALTH LOTTERY

SUNDAY, JANUARY 25
6 23 25 47 49 35

SATURDAY, JANUARY 24
4 8 18 22 24 25

The Health Lottery has raised more than £135m for health-related causes since 2011. Details at thehealthlotteryfoundation.org.uk

PHONE POLL RESULTS

We asked in our poll on Friday:
Should the new National Cancer Plan focus on mental health support?

YES: 93%

NO: 7%

DO YOU HAVE A STORY OR A PHOTO?

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If you have a photo:
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Fill in all the squares so that each row, each column, and each 3x3 square contain all the digits from 1 to 9

9		2	3				1	
		3		8	9	2		4
	7			5			8	
8	3		2		6			
1			9			6		7
			5		4	1		
3	2			9			6	
		5		2	3	8		
	4	1			5	3		2

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MORE PUZZLES – PULLOUT
SATURDAY'S SOLUTION

6	1	2	9	4	7	8	5	3
3	5	8	2	6	1	7	9	4
7	4	9	5	8	3	1	2	6
8	6	3	1	7	9	5	4	2
5	7	4	3	2	6	9	8	1
2	9	1	4	5	8	6	3	7
1	3	7	8	9	2	4	6	5
9	2	5	6	1	4	3	7	8
4	8	6	7	3	5	2	1	9

WIN £200 SHOPPING VOUCHERS

10 PRIZES TO BE WON

Are you in need of some extra cash this January? With the Chrismas bills coming in, we could all use some help with our finances. So your favourite newspaper is giving you a helping hand.

We are giving Daily Express readers the chance to win £200 to go towards their shopping bills, and we have 10 prizes up for grabs.

Whether you are paying off your credit cards, or saving for a 2026 getaway, an extra £200 towards your food shop will come in handy at this time of year.

You will be able to stock up on everyday essentials and lots of healthy fresh produce to kick-start your new year healthy eating plan. The £200 shopping voucher is valid in all major supermarkets, so you will be able to use it at your local supermarket.

HOW TO ENTER

Simply visit www.express.co.uk/vouchers and fill in the online form. The competition closes at 23:45pm on Sunday, February 15, 2026. Terms and conditions apply. See online form for details and full t&c's.

SCAN ME

The stork of the town...

The white stork was spotted in the Shropshire countryside

BY **ADAM DUTTON**

BIRDWATCHERS were stunned after a white stork was spotted in Shropshire – marking a potential historic comeback for a species that vanished from Britain 600 years ago.

The leggy 3ft fellow was caught on camera by wildlife photographer Andrew Fusek Peters as it tucked into "a good munch" of grubs beside a busy A-road.

White storks, once a familiar sight across England and Wales in the 1400s, were reintroduced in 2020 after a major rewilding effort. This one, captured on camera near Oswestry, on the border of England and Wales, could be one of the first wild-born British storks in centuries.

Andrew, 60, said: "It's a white stork, for 600 years we haven't had storks. Then, in 2020, thanks to the rewilding scheme on the Knepp Estate in Horsham, they've been reintroduced."

With no ring on its leg, experts reckon it could be a genuine home-grown chick. Andrew added: "It could be one of the first British storks to be born in the wild in this part of the country. It could be one of our first British storks born truly in the wild."

Patrick and Kate seize the dahlia

Business is blooming...

Ex-City couple's dreams flourish

BY **LAUREN BEAVIS**

A COUPLE made miserable by their high-flying London existence traded it in to live their dream as flower farmers.

Kate Reich, 30, and husband Patrick, 29, were spurred on by her diagnosis with MS. They now supply florists across the UK and the Chelsea Flower Show.

She said: "Being told that I was possibly going to become disabled by the age of 40, it just made me think." The couple met at Imperial College London and lived in Earls Court, while she was an investment banker.

They wed in 2023, two years after her diagnosis, but when she had a relapse they said "enough was enough".

They made an offer on a 19th-century house with three acres near Taunton, Somerset. Kate said: "I've always loved growing and gardening. I wanted to pursue the magical dream." Despite their enthusiasm, Patrick said: "We didn't know what we were doing. And we bought the house when there was something like 200 days of rainfall!" They ploughed on and in July 2024 returned from a holiday to find their field "exploding with flowers". The couple, who now have a baby girl, began trading and the business Backyard Flowers took off. Kate said: "Everything always works out."

● Flowers can act as a hub for viruses, spreading them between bees, Israeli researchers say.

'Sharktober' danger is real

BY **STEPHEN BEECH**

SHARK ATTACKS are most likely to occur when they are giving birth, according to research.

Incidents are so frequent in the seas around Hawaii in October that the risk increase has been dubbed "Sharktober".

Now, a study has confirmed a statistically "significant" spike in shark bites in that month during pupping season.

University of Hawaii researchers analysed 30 years from 1995 to 2024. Their findings, in the journal Frontiers in Marine Science, showed around 20% of all recorded bites occurred that month, far exceeding any other time of the year.

Study leader Professor Carl Meyer said: "The October spike is real and statistically significant, but the overall risk remains very low. This pattern appears to be driven by tiger shark biology, not by more people being in the water."

He advised people to be aware that large tiger sharks are more likely to be present in the coastal waters of the main Hawaiian Islands during October, and to exercise extra caution, particularly for high-risk, solo activities such as surfing or swimming.

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SATURDAY TRAVEL, GARDENING & FOOD
SUNDAY TRAVEL, GARDENING & REVIEWS

BEAUTY GET THAT GLOW

Edited by **LAURA MULLEY**

SWEET SENSATION

In an attempt to avoid scaly limbs this winter I've become slightly addicted to body oils, and Phlur's Vanilla Skin one, £45, is just heavenly.

It's an elegant formula that sinks in beautifully, but it's the smell that's really worth the money: warm, cosy and luxurious, and sweet without being sickly. It would make a lovely pampering gift for someone special (or yourself).

PHLUR
VANILLA SKIN
BODY OIL
HUILE DE CORPS

GENTLY DOES IT

After a skin solution that's kind on your complexion *and* your wallet? Step forward SOS Serum and nocturnal partner SOS Night Cream, which start from just £5 and £5.50 for 15ml bottles (an ideal tester size if your stressed skin is only seasonal).

Powered by soothing bioactive ingredients, tester reviews show an impressive improvement in redness and irritation after just two weeks of use.

Youth booster

"Longevity" is a big buzzword in the beauty world at the moment, loosely meaning future-proofing your body's health to keep it at its best (and therefore most youthful) for longer – and Paula's Choice CellularYouth Longevity Serum, £65, is here to help.

This smart product works at a cellular level to help slow down the skin's ageing process before it becomes too advanced to treat, improving 12 visible signs from lines and wrinkles to the loss of skin's firmness and radiance. What's not to like?

PAULA'S CHOICE
CellularYouth

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HYDRATION SHAMPOO
GLOSS DROPS HAIR OIL

HIGH SHINE

Proving that "natural" haircare needn't mean boring, Weleda's Hydra Shine range delivers knock-out hydration and gloss to dry or frizzy lengths courtesy of plant-based oils and extracts, while also being vegan, silicone-free and NATRUE-certified.

The collection includes a shampoo and conditioner, £11.95 each, plus a hair oil, £14.95, and in Weleda's tests, 100% of users confirmed that hair feels shinier and softer after four weeks of use.

HEALTH & BEAUTY

28 Health
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38 Your Letters
40 Horoscopes
PLUS Puzzles

PERFECT POUT

Matte lip textures have no place in Bobbi Brown's make-up offering this season; the brand's two new lip products are all about moisture and shine.

First up is the Extra Lip Tinted Balm, £33, a buttery formula that's as simple as anything to swipe on and comes in 15 sheer shades. For even more shine, try one of the five plumping Extra Blushing Lip Oils, £28, which have a cooling sensation and colour-adapting technology for a shade perfectly suited to you.

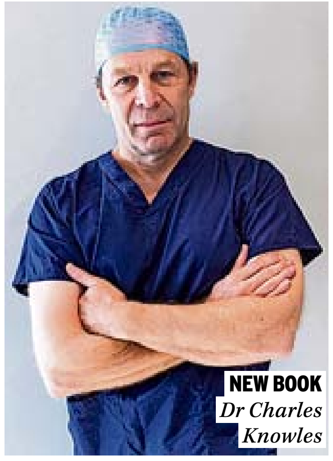
BOBBI BROWN
BOBBI BROWN

HEALTH LIVE LIFE WELL

Edited by **MATT NIXSON AND HANNA GEISSLER**

Ten things I learned as a surgeon and a recovering alcoholic

DR CHARLES KNOWLES, a leading expert in bowel disease who gave up drinking a decade ago, shares his advice for cutting down your alcohol consumption



NEW BOOK *Dr Charles Knowles*

Many Brits will have used Dry January as an opportunity to review their drinking habits. Dr Charles Knowles, 57, is a former NHS surgeon and a recovering alcoholic who knows only too well the costs associated with heavy drinking.

Dr Knowles, professor of surgery at Queen Mary University of London, gave up drinking 10 years ago, which probably saved his life and certainly his 24-year marriage. His new book Why We Drink Too Much intertwines his own drinking journey with scientific evidence to explain why humans consume alcohol at all – and why a minority of people like him go on to develop serious problems.

The book contains a blueprint for change based on the science behind alcohol and addiction. “When applied to my recovery this could work for anyone – from the social drinker with sober curiosity through to those who are genuinely worried about their ability to control consumption,” he explains. “I am not a zealot about alcohol, and these are simply suggestions rather than strict guidance.

“They are also not a substitute for seeking medical advice, especially for more problematic drinking and its consequences for your health.”

Here Dr Knowles shares his top 10 pieces of advice for cutting down on drinking.

1 IT’S NOT ABOUT STOPPING, IT’S ABOUT NOT RESTARTING

Imagine you are holding a drink in your hand – you have taken a sip and put the glass down. You have now stopped drinking, but the question is now whether you will pick it back up again. This may seem obvious, but it makes clear that when we talk about stopping drinking, we are really talking about not restarting. We can all stop drinking very easily, but it is whether we stay stopped that defines our ability to remain alcohol-free. The same might be written about moderating consumption. We can all transiently control consumption by increasing the interval between drinks, but it is whether we maintain it that defines real control.

2 THE PROBLEM IS IN OUR HEAD NOT THE GLASS

I remember one day complaining to a friend in long-term recovery that it was difficult for me to stop drinking because it was a cultural requirement after work. His response that he was a publican quickly put paid to this excuse (he was also Irish). It is all very well blaming the alcohol industry, society, the proximity of the pub or your best mate for your current predicament, but the problem is not one of the glass put in front of you.

Our drinking habits are learned, reinforced and memorised in the brain. Ancient biology in the guise of the reward system can push the “just one more” button even when cold logic might lead you to call it a day.

You need a change in thinking to change your drinking. It is only a change in thinking that can provide neutrality around alcohol – willpower never lasts.

Steering yourself away from temptation for a period while you work on this is, however, a good idea in the meantime.

3 ONE SIZE DOES NOT FIT ALL

As a surgeon, I become concerned when I hear colleagues saying they always do a certain operation for a certain condition. Humans are not a pure breed of laboratory mice. In the same way that we don’t all wear the same size clothes, we do not have the same biology, whether it’s for a surgery or our response to alcohol. If anyone tells you their approach always works, give them a wide berth. This is particularly true when considering the boundary between what I call reliance (a hallmark of grey area drinking) vs addiction (dependence). Most experts agree that a medical diagnosis of alcohol dependence means we can never safely drink again – and this was certainly my experience. For others, moderation may be all that is required and/or desired.

4 START BY PUTTING THE GLASS DOWN FOR A WHILE

DRY January
MONDAY 2
No Alcohol
TUESDAY 3
WEDNESDAY 4

Regardless of your eventual goal with drinking, a predetermined period of abstinence comes highly recommended. This is why initiatives like Dry January are so important. The period allows us to evaluate how life looks with no alcohol and to start a new learning process – one where we learn to not drink. This is because we cannot unlearn to drink any more than we can unlearn to ride a bike – it is memorised. Instead, we must recognise all the positive aspects of being alcohol-free – not just the absence of hangovers but the increased energy, clarity of thought and time for other pursuits. This will not happen by counting down the days to February 1.

5 DON'T GO IT ALONE

For anyone with much of a problem around alcohol control, scientific evidence shows that all successful approaches incorporate some form of human support – be it a spouse, friend, therapist, or one of many online community programmes. The problem has to be shared.

In an ideal world, sharing starts with those closest to home. But my own story illustrates how this may not always be easy. Men may tend not to open up about mental-health problems and there may be familial resentments caused by alcohol too.

Community programmes now cater for anyone and are vital when someone's social network has retracted to a small group of diehards or worse, complete isolation (this is a core principle of AA).

6 EDUCATION

In western society, we are conditioned to associate having a drink with almost any celebration, to reduce stress after work and any manner of other reasons. It is normalised and often expected. With a clear head, we can start a thorough reflection of what I call the 3Cs. How much we were Consuming? What are the Consequences – not just what has already happened, but what might happen to our physical and mental health, relationships, work and wallet. And, finally, Control – how hard are we finding it to stop? We can then start to address the question posed by my book. Why do we drink too much? We may start the process of addressing psychological drivers that pushed our drinking in the first place. Community support groups focus on such education. More formal medical or psychological treatment may be warranted – for example, 10 years sober, I continue to be treated for depression and have also had treatment for ADHD.

7 WILLINGNESS

A colleague who ordered my book mistakenly had it delivered to his parents. His father was not happy with the insinuation. Deciding to review our relationship with alcohol is a decision only we can make. It requires a personal willingness to have a chance of success.

8 IT'S NOT YOUR FAULT

Development of problems with alcohol has nothing to do with weak willpower, low moral fibre, or an "addictive personality". In fact, the risk of developing more serious problems like dependence has little correlation to the amount consumed – rather it reflects biological and psychological differences to start with. We have not drunk our way to our problems. Shame is a barrier to progress, so don't go there.

9 DON'T FIGHT A BATTLE ON MULTIPLE FRONTS

When you drink, you consume many more calories and more fluids than you would otherwise. It is wise to replace these in the early stages of abstinence. It is also ill-advised to try to give up anything else at the same time. Smoking and excessive caffeine consumption are classic examples. In more problematic drinkers, these are the very least of your worries.

> *'We cannot unlearn to drink any more than we can unlearn to ride a bike'*

10 NEVER STOP TRYING

I have met people whose attempts at stopping drinking have been undermined by a core belief that their chances have been permanently dented by initial failure – often because someone told them this. When you change any habit (giving up smoking is an example), the more times you try, the better your eventual chance of success.

Professor Charles Knowles is author of Why We Drink Too Much, The Hidden Science of Just One More, published by Macmillan priced £20 and available now

Why We Drink Too Much
Dr Charles Knowles

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HEALTH LIVE LIFE WELL

Edited by **MATT NIXSON AND HANNA GEISSLER**

Are fat jabs for me?

With an estimated 1.6 million Brits on some form of weight-loss jab, dietitian ZOE GRIFFITHS shares seven pieces of advice for anyone thinking of trying them

If you're considering weight-loss medication, understanding how it works and what to look out for matters. Here are seven key points everyone should know before beginning treatment.

1 **Weight-loss medication is not "cheating"**: One of the biggest barriers is the belief using medication is somehow "cheating" or a failure of willpower. This simply isn't true.

Obesity is a complex medical condition with strong biological drivers, including hormones, genetics and the way our brains regulate appetite and weight.

Weight gain is not about laziness or lack of discipline – it's about biology, psychology and environments engineered to make weight gain easy. Medications work by addressing these, helping to reduce hunger, improve fullness and make healthier choices achievable. Seeing treatment as a valid option, rather than a last resort, can be a powerful step in breaking down internalised stigma and getting the support you deserve. It's not your fault, and using medication is a credible way to improve health.

EXPERT
Dietitian Zoe

2 **Choose a regulated provider:** It's absolutely vital that you choose a properly regulated provider – that means looking for one registered with the Care Quality Commission and using a legitimate UK pharmacy. Buying injections via social media links, online marketplaces or unregulated sellers can be dangerous. These products may be counterfeit, incorrectly dosed or supplied without proper medical oversight. A reputable provider will carry out thorough health checks, ensure medications are appropriate for you, and offer ongoing monitoring to help keep you safe.

3 **Medication is just one piece of the puzzle:** Weight-loss injections can be highly effective, but they are not a magic fix. They work best as part of a wider programme that supports behaviour change, nutrition, movement and mental wellbeing. Look for providers who offer clinical support to help you build healthier habits. Medication can make change easier, but long-term success comes from learning how to eat well, move your body and look after your health to fit your life.

> *'Reputable providers carry out thorough checks and ongoing monitoring'*

4 **There is no one-size-fits-all solution:** What works brilliantly for your neighbour or colleague may not be right for you. Different medications, doses and treatment plans suit different people depending on health history, side effects, lifestyle and goals. Working closely with a clinician to find the right option, as well as adjusting your programme over time is vital for success. Personalised care leads to better results and a safer experience.

5 **Think long-term, not quick-fix:** Weight-loss treatment is not a three-month project with an end date. For most people, this is a long-term (sometimes lifelong) approach to managing weight and health. The goal isn't rapid weight loss at any cost, but sustainable changes that you can live with. Building routines around food, activity and self-care that fit into your real life will give you the best chance of maintaining results long after the initial weight loss.

6 **Focus on the quality of weight loss, not just the number:** Where weight loss comes from matters. Losing fat while preserving lean muscle is crucial for long-term health, strength and metabolism. Prioritise adequate protein intake and include resistance or strength-based activity where possible. This approach helps protect muscle mass, supports energy levels and reduces the risk of regaining weight later.

7 **Mindset can make or break your success:** All-or-nothing thinking, perfectionism and deprivation are rarely helpful. A flexible, compassionate mindset is far more effective. Focus on small, sustainable improvements. Celebrate non-scale victories such as better sleep, improved mood, increased strength or feeling more confident. Setbacks are normal, but what matters is having support to help you navigate them. Working with a trained health coach alongside treatment can help. Having someone in your corner to guide behaviour change and support you can make a huge difference.

Zoe Griffiths also leads behavioural medicine and health coaching for digital healthcare provider Numan

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ADVERTISING FEATURE

After having a pacemaker fitted when she was just 20, Caoimhe Loughran took on British Heart Foundation's Walk for Hearts challenge

'I walked 50 miles to help people like me'

Caoimhe is an example of how vital research can help people live longer, heathier lives

Think of pacemakers and you're likely to imagine someone in their later years. After all, most are fitted in those aged over 60 – but Caoimhe Loughran was only 20 when she got hers.

After a long period of feeling unwell and collapsing, Caoimhe, now 23, was diagnosed with sick sinus syndrome – a type of heart rhythm disorder that can cause a heartbeat to be too slow, too fast, or constantly pause or stop.

In December 2022, Caoimhe, from Northern Ireland, spent 13 days in hospital recovering from a life-changing procedure. Having a pacemaker fitted at 20 wasn't just a physical challenge, but a mental one. "I felt really alone at the start of my journey," Caoimhe says.

Then she saw a post on social media about British Heart Foundation's fundraising event Walk for Hearts, and, with the approval of her doctor, she knew she wanted to take part. "Getting diagnosed so young felt like my whole life was out of my hands. Signing up to Walk for Hearts was the first time I chose to do something positive with my condition."

Each year, British Heart Foundation asks people to take on the challenge of walking 28, 50 or 100 miles to raise money for lifesaving research. In 2024, Caoimhe walked 50 miles across one month and raised £3,000.

"I wanted to give back; to honour what I had been through, and to raise awareness so that more research can help people like me," she explains. "The walk had a huge impact on me, both physically and mentally. It gave me a focus, something positive to put my energy into, and reminded me of my own strength."

By taking part in Walk for Hearts this February, you can join a nationwide community of people helping to keep us all beating.

"Seeing everyone share their progress, their reasons for walking, and their inspiring stories kept me motivated on the tougher days," says Caoimhe.

She is now encouraging others to get involved. "My advice would be just go for it. The sign-up process is really simple, and you get sent a calendar tracker, which is great for keeping yourself motivated and seeing your progress."

Visit **bhf.org.uk/wfh** to find out more and sign up

British Heart Foundation

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DR ROSEMARY LEONARD YOUR HEALTH MATTERS

My breast implants made me happier but now I'm scared

Q My breasts were droopy and saggy after breastfeeding three children, and 10 years ago I had implants put in. They now look much better and I've been much happier as a result. I know the implants were silicone, and I've recently read that they have been linked with a form of breast cancer so now I'm worried. Should I have the implants removed?

A It is now known there is a link between textured silicone implants and anaplastic large cell lymphoma, ALCL. Though it develops in the breast, this is a cancer of the lymphatic system, part of the body's immune system, not of the breast tissue.

The first case was reported in 1997 and since then it has been identified in around 700 women with breast implants worldwide, with about 57 of these in the UK. As there are about 10 million women in the world with breast implants, this means it is a very rare condition.

The link is mainly with textured rather than smooth implants and it is thought bacteria introduced at the time of surgery may over time trigger an immune response next to the implant that leads to the lymphoma. Why this happens in a few women and not the majority isn't known, but may be something to do with their genetic make-up.

Textured implants have generally been the ones used in the UK and Europe, as there are fewer problems with capsule contraction afterwards with these compared to smooth implants. It is likely this is what you have, but you should be able to find out the exact type from the hospital where the operation was done.

Removing the implants would remove the risk and help to stop you worrying, but only you can decide what is the best option for you, especially as the likelihood of developing this type of cancer is so very low.

TOUGH SPOT *Send photo to your GP*

Q I've had redness with a few spots around my mouth and nose for months, which is sometimes sore and itchy. I'm prone to dry skin and eczema and occasionally use a mild steroid cream, but it hasn't helped with this at all. I thought it might be rosacea but the serum that I bought at a pharmacy didn't make any difference. Any ideas?

A I suspect you have peri-oral dermatitis, a skin condition that's more common in women aged between 20 and 50. It causes redness of the skin, which may be flaky and sore, and bumps that can look like small spots.

It usually occurs in the lower half of the face around the mouth and nose, and unlike rosacea, it does not appear on the cheeks.

The exact cause isn't known, but in many cases it is linked to using steroid cream on the face, and less commonly by using steroid tablets or inhalers.

The first line of treatment is to stop using any steroid cream, and this may be enough to clear the rash. Steroid inhalers should not be stopped but using them via a spacer device may be helpful, and a practice nurse or pharmacist can give more advice on this.

If the rash persists an antibiotic cream might help in milder cases, otherwise oral tetracycline antibiotics, taken for two to three months, are usually very effective.

I suggest you send a photo of the rash to your GP via their online access system, and they will probably be able to prescribe appropriate treatment for you without the need for an appointment.

I know some people find this new type of system of getting treatment unusual, but it can be much more efficient and quicker than waiting to speak to or see a doctor.

WORRIES *Some implants have been linked to cancer*

Q We've a room in our house that we rarely use, but when I've gone in there, I thought it smelled a bit odd. I bought a gas detector online and found there was a leak from the tap to the gas fire. It was fixed promptly but I wonder if we could have come to any harm because it's probably been going on for months. Could it have given us carbon monoxide poisoning?

A Natural gas has no smell, so the chemical mercaptan (which is harmless) is added to it as this smells of sulphur, or rotten eggs, which can help you to suspect a gas leak. But if the leak is very small you might not smell anything at all.

The main danger of a gas leak is a fire or an explosion, but gas changes the amount of oxygen in the air and this can lead to health effects including headaches, dizziness, nausea, eye and throat irritation and tiredness. Whether these occur depends on the size of the leak and length of time you are exposed.

If it is only a small leak and you have hardly been in the room then it is unlikely it will have caused any ill-effects. Carbon monoxide, which has no smell, is produced as a by-product when domestic fuels, such as gas, coal and wood, don't burn properly. The main sources in a home are poorly fitted or unserviced cookers, boilers or gas fires, and even small amounts can lead to a shortage of oxygen in the body. This can lead to headaches, nausea, dizziness, abdominal pain and difficulty in concentrating, and over a longer period, memory problems, anxiety and visual difficulties.

More seriously, carbon monoxide poisoning can cause breathlessness, convulsions and heart attacks, and more than 400 people are admitted to hospital every year with carbon monoxide poisoning in England and Wales, sadly, around 40 people die. Others are left with permanent brain injuries.

Anyone who burns fossil fuels of any sort should have a carbon monoxide monitor in their home, and gas appliances should be serviced regularly. Find more information on carbon monoxide from the UK Health Security Agency, and if you suspect as gas leak, call 0800 111 999 and there is no charge for the check.

If you have a health question for Dr Leonard, email her in confidence at yourhealth@express.co.uk. Dr Leonard regrets she cannot enter into personal correspondence or reply to everyone

BE ON YOUR GUARD IF YOU GET NOSEBLEEDS

Nosebleeds could be linked to high blood pressure, experts say.

Roughly a quarter of UK adults are thought to be living with raised blood pressure, also known as hypertension, meaning your heart must work considerably harder than normal to circulate blood throughout your body.

It can put extra strain on certain organs, potentially leading to harm. It's also recognised as a significant risk factor for several serious health emergencies such as heart attacks and strokes. The British Heart Foundation states: "Most people don't know they have it because there aren't obvious symptoms. That's why it's so important to get your blood pressure checked regularly."

The BHF lists nosebleeds as a possible indicator of raised blood pressure, but it has not yet been confirmed that there is a clear link between the two conditions.

Research published in journal JAMA Otolaryngology Head and Neck Surgery in 2020 did reveal that people suffering from elevated blood pressure faced a 47% greater likelihood of nosebleeds. The investigation examined 35,749 participants with an average age of 52 who had hypertension, comparing them against an equivalent number of people without the condition.

Throughout a 14-year period researchers tracked spontaneous nosebleeds among both groups, focusing on episodes not caused by injury, surgical procedures or underlying illness. Hypertensive patients also endured more "severe" episodes of bleeding. They were also 2.7 times more prone to needing emergency intervention.

The BHF also notes that further indicators of elevated blood pressure may encompass vision problems and persistent headaches.

Gtech

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TODAY'S TV ONES TO WATCH

by **MIKE WARD** *TV critic*

CLIVE MYRIE'S AFRICAN ADVENTURE, BBC2, 6.30PM

IT'S not quite a Clive Myrie theme night, but he does pop up twice this evening on BBC2. At 7.30pm, he hosts the last in the current run of Celebrity Mastermind (including ex-England footballer Stuart Pearce on punk rock), but first he begins his latest travelogue, taking him back to where he worked as the BBC's correspondent 20 years ago.

Starting in Soweto, it's a series that strikes a good balance, reflecting on the country's complex history but with lots of lighter moments. So if you're worried we'll miss out on, say, Clive being taught how to dance like a cat in a car wash, you needn't be.

THE VICAR OF DIBLEY, U&GOLD, 8PM

YOU might not consider The Vicar Of Dibley a topical sitcom, but it was when it started in 1994. The Church of England had just begun allowing women priests, and writer Richard Curtis saw tons of comedy mileage in the idea of a sleepy village having to adjust to such a shock.

"Hello, I'm Geraldine, I believe you're expecting me," Dawn French's character tells parish council chairman David Horton as she arrives in this very first episode (the next two follow). "No," he replies, "I'm expecting our new vicar. Unless, of course, you are the new vicar, and they've landed us with a woman as some sort of insane joke..."

Pick of the day

CELEBRITY SAS: WHO DARES WINS C4, 9PM

STILL STANDING *Gabby, Mack, Ben, Emily and Dani*

FINALLY FOX HAS FIVE ON THE RUN

COURSE director Jason "Foxy" Fox has given the recruits a few tips. Which is good as it's going to be a tricky one. And by "tricky", I mean hour upon hour of unmitigated hell. Like Eurovision? No, obviously not as hellish as that, but close.

This being the final episode, the five still standing – British competitors Ben Cohen, Dani Dyer and Gabby Allen, plus Aussies Mack Horton and Emily Seebohm – will soon hear which of them has made the grade, SAS-wise (assuming any of them have, which is by no means a given).

But first they must face a brutal, military style interrogation, just as they would if captured in real life, or if they'd made it through to the interviews on The Apprentice.

"You must not admit you're with the military," is the first thing Foxy tells them.

Also, they must tell convincing porkies: "If you're no good at lying, learn."

And finally: "The interrogators will pick up on weakness. They may get personal. They will try and jolly well wind you up."

(Obviously, he doesn't say "jolly well". I don't imagine Foxy has said "jolly well" in his entire life. But you get the gist.)

So will any of them crack? Might they all? One thing they certainly mustn't do, says the anonymous observer known simply as The Umpire (whose full face we're not allowed to see, possibly because he's ex-intelligence, possibly because he's Alan Carr) is "annoy" the interrogator. "The best case is you'll get beaten up and potentially have bones broken," he warns. "The worst case: you'll be taken outside and shot. It's as simple as that."

Ah, but is it, though? I suspect not.

At one point, the interrogator threatens to stab Mack in the eye. "I'll take this little pencil," he snarls. "You've got two eyes, haven't you? You can f***ing think of the rest..."

Me, I'd just call the bloke's bluff.

"Oh, do be quiet, you silly little man," would be my response. "And while we're at it, have you considered exploring ways to extend your vocabulary, Mr Potty Mouth?"

Shortly after which, admittedly, my own position might be doubled up on the floor in some discomfort.

BEST LIFESTYLE

CHATEAU DIY: WIN THE DREAM C4, 5PM

This spin-off from the popular Chateau DIY show sees 12 pairs of renovators compete in DIY and hosting challenges in France for the ultimate prize – a £250,000 chateau.

BEST QUIZ

ONLY CONNECT BBC2, 8PM

Victoria Coren Mitchell asks the questions in the final, as the best two teams demonstrate the logic and lateral thinking that got them this far.

BEST DETECTIVE

LYNLEY BBC1, 8.30PM

DI Lynley (Leo Suter) and DS Havers (Sofia Barclay) tackle a murder with racist undertones when they are assigned to investigate the death of two drug dealers.

BEST DRAMA

INDUSTRY BBC1, 10.40PM

Harper is reunited with her on-again, off-again mentor Eric and the pair embark on a new partnership as they launch their fund and pitch a buzzy idea to investors.

TODAY'S PREVIEWS ARE ON THE PREVIOUS PAGE

FILM RATINGS

★★★★★ BRILLIANT
★★★★ VERY GOOD
★★★ GOOD
★★ AVERAGE
★ BAD

(R) REPEAT

ALL PROGRAMMES ARE LISTED IN GREENWICH MEAN TIME (GMT).

BBC One

6.00am Breakfast News headlines.
9.30 Morning Live Magazine.
10.45 Rip Off Britain (R)
11.15 Homes Under the Hammer Property auctions. (R)
12.15pm Bargain Hunt An antiques fair at Uttoxeter Racecourse.
1.00 BBC News at One; Weather
2.00 Lost and Found in the Lakes The freedivers head to Crummock Water to try to find a lost wedding ring.
2.30 Marcus Wareing Simply Provence Seasonal food. (R)
3.00 Escape to the Country Sonali Shah helps a young couple in Cambridgeshire.
3.45 The Travelling Auctioneers Sisters Jackie and Lis clear out their childhood home. (R)
4.30 *NEW* **Antiques Road Trip** Hettie Jago and Ishy Khan start an epic antiques odyssey in sunny Cornwall, taking on a one-pound challenge and getting behind the wheel of a 1960s Porsche 912.
5.15 Pointless Quiz show. (R)
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

8.30pm, LYNLEY: Leo Suter

7
8
9
10
11
12 MIDNIGHT

7.00 The One Show Alex Jones and Roman Kemp present topical stories and chat.
7.30 EastEnders The Mitchells demand answers, and Jasmine comes up with a new plan. Meanwhile, George faces a difficult conversation.
8.00 Post Office: Who's to Blame? – Panorama Andy Verity investigates who may have been responsible for the Post Office scandal, that saw innocent postmasters jailed.
8.30 Lynley DI Lynley and DS Havers are assigned to investigate the murder of two drug dealers who have died months apart but with similar signs of torture. Suspecting a possible drug gang feud, they uncover a sinister underworld that points to corruption within their own force. Last in series.
10.00 BBC News at Ten
10.30 Regional News; Weather
10.40 Industry Reunited with her on-and-off-again mentor, Harper and Eric embark on a new partnership as they launch their short-only fund and pitch a buzzy idea to investors. In Vienna, Yasmin, Henry and Whitney realise they might be getting into bed with a company that has a different ethos from their own.
11.40 The Traitors Ireland Double bill. With the castle reeling from another murder, a shocking turn of events brings with it a tsunami of unrest and desperation; the traitors continue to wreak havoc on the faithfuls, as the players embark on a mission that tests their ethics. (R)
1.20am Weather for the Week Ahead **1.25-6.00am** BBC News

BBC Two

6.05am Bargain Hunt (R)
6.50 Sign Zone: Antiques Roadshow Last in series. (R)
7.50 Match of the Day (R)
9.00 BBC News Headlines.
12.15pm Politics Live Reports.
1.00 Impossible Quiz. (R)
1.45 Brainbox Challenge (R)
2.15 The Boss Quiz show. (R)
3.00 The Vintage French Farmhouse Items in Villeneuve-les-Avignon. (R)
3.45 Who Do You Think You Are? USA With Liv Tyler. (R)
4.15 Earth's Greatest Spectacles Summer to autumn in New England. (R)
5.15 Flog It! From Somerset. (R)
6.00 Richard Osman's House of Games With Tasha Ghouri, Jon Kay, Alexandra Mardell and Griff Rhys Jones.
6.30 *NEW* **Clive Myrie's African Adventure** The newsreader goes on a journey around the continent, meeting up with old friends, having new adventures and tracing the story of his own ancestry, beginning in Soweto.

8pm, ONLY CONNECT: Victoria Coren Mitchell

7.00 Global Eye Investigations from BBC correspondents.
7.30 Celebrity Mastermind Ex-footballer Stuart Pearce, presenter Gemma Cairney, comedian Axel Blake, and writer and actor Phil Dunning take part. Last in series.
8.00 Only Connect Victoria Coren Mitchell asks the questions in the final. Last in series.
8.30 University Challenge Amol Rajan asks the questions as Darwin College, Cambridge takes on Sheffield in the third quarter-final of the contest.
9.00 *FILM* **One Life** (2023, 12) Premiere. In the months leading up to the Second World War, a young London stockbroker tries to rescue hundreds of predominantly Jewish children from Nazi-occupied Czechoslovakia. Fifty years later he comes to terms with the guilt and grief he carried with him for decades. Fact-based drama, starring Anthony Hopkins, Johnny Flynn and Helena Bonham Carter. ★★★★
10.40 Newsnight Presented by Victoria Derbyshire; Weather
11.15 What We Do in the Shadows Double bill. Laszlo and Colin help neighbour Sean find a new job; the vampires are sent on a mission to New Hampshire to retrieve Nandor, who is not taking Guillermo firing him at all well.
12.05am Sign Zone: Countryfile. Charlotte Smith and Adam Henson meet communities working to protect Devon's Exe Estuary. (R) **1.00** Sign Zone: Question Time. In Macclesfield, Cheshire. (R) **2.00** Sign Zone: Waterloo Road (R) **3.00** Sign Zone: Lifeline (R) **3.10-6.00am** This Is BBC Two

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.30 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal The team are in Nottingham, where Alison Chapman and Henry Nicholls compete to see who can spend the most on valuable jewellery collections.
3.00 Time Is Money Quiz show.
3.59 Regional Weather
4.00 Deal or No Deal Gameshow, hosted by Stephen Mulhern.
5.00 The Chase Becci, Mathew, Shenagh and Toby take on one of the experts.
6.00 Regional News; Weather
6.30 ITV Evening News A round-up of the headlines; Weather

7.30pm, FLETCHERS' FAMILY FARM: The Fletcher family

7.30 Fletchers' Family Farm Emotions run high as the family host their first public event, while Marnie explains the importance of animal husbandry as she cares for orphaned lamb Aga. Bruce the boar arrives on the farm.
8.00 Emmerdale Paddy receives news that gives him hope.
8.30 Coronation Street Sam grows suspicious of Will and Megan's relationship, Kit reunites Summer with lost treasure and Jodie receives a warning about Carl.
9.00 After the Flood Jo and Sam find themselves with two surprising suspects in custody, while the pressure mounts on Mackie when he makes a discovery that turns everything on its head. Sophie Rundle and Jill Halfpenny star.
10.00 ITV News at Ten; Weather
10.30 Regional News; Weather
10.45 The Murder of Ashley Wadsworth: Social Media Murders The story of 19-year-old Canadian Ashley, who was killed by her English boyfriend Jack Sepple in 2022. (R)
11.35 It'll Be Alright on the Night Tom Allen celebrates more broadcast bloopers, this time featuring Idris Elba, Paul Rudd, Alan Carr, Gemma Collins, Ant and Dec, Susanna Reid, Helen Skelton, and the cast of Coronation Street. (R)
12.00m't Shop on TV **3.00** Mel Giedroyc and Martin Clunes Explore Britain by the Book. The acting friends head to Dorset to explore the scenery and locations made famous by some of Britain's favourite books and films. (R) **3.50** Unwind with ITV **5.05-6.00am** Deal or No Deal (R)

Channel 4

6.25am Cheers Triple bill. (R)
7.50 Everybody Loves Raymond Triple bill of the comedy. (R)
9.10 Frasier Four episodes. (R)
11.10 American Pickers (R)
12.05pm Channel 4 News Summary Headlines.
12.10 Car S.O.S A Range Rover. (R)
1.10 Find It, Fix It, Flog It (R)
2.10 Countdown With Tom Read Wilson in Dictionary Corner.
3.00 A Place in the Sun (R)
4.00 A New Life in the Sun In Spain, two publicans put everything on the line.
5.00 *NEW* **Chateau DIY: Win the Dream** Renovation challenge, with contestants competing for the chance to win their very own historic French property. The first four pairs of contestants tackle their first challenge for head judge Max McMurdo – transforming run-down garages into elegant entertainment spaces.
6.00 A Place in the Sun Jean Johansson helps Dimpi and her mother Divali to find a holiday home on Lanzarote.

5pm, CHATEAU DIY: WIN THE DREAM: Max McMurdo

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.
8.00 Jamie's Feasts for a Fiver Jamie Oliver prepares a Thai traybake, and invites chef and restaurateur Gulu Anand to reveal how using spices in his Punjabi masala chicken elevates the simplest ingredients.
9.00 Celebrity SAS: Who Dares Wins It's the final day and just five recruits remain. They endure a 12-hour interrogation, facing intense personalised questions designed to break their resolve. Last in series.
10.00 Gogglebox The armchair critics share their opinions on shows including Britain's Got Talent, Married at First Sight Australia, Chess Masters: The Endgame, The Au Pair, This Morning, The Americas, and With Love, Meghan. (R)
11.00 Celebrity Gogglebox The celebrities taking part include Vicky Pattison and Pete Wicks, Clare Balding and Alice Arnold, Denise van Outen and Johnny Vaughan, Jordan Banjo and Perri Kiely, and more. (R)
12.05am Taskmasterclass. Al Murray's shameless bribery. (R) **1.00** Celebrity SAS: Who Dares Wins (R) **1.55** Arctic Adventure: Ultimate Survival (R) **2.50** Ramsay's Kitchen Nightmares USA (R) **3.40** Kirstie and Phil's Love It or List It (R) **4.35** Hollyoaks Omnibus (R) **5.45-6.25am** Countdown (R)

5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion on the issues of the day.
11.30 Storm & Alexis Discussion and debate, with Storm Huntley and Alexis Conran.
12.45pm 5 News at Lunchtime
12.50 Matt Allwright Debate on the day's biggest stories, and consumer advice to help viewers save money.
2.00 Vanessa Discussion show, presented by Vanessa Feltz.
3.00 The Madame Blanc Mysteries Jean investigates when trendsetting designer Violet Oliver falls from the balcony in a near-fatal plunge. Sally Lindsay stars. (R)
4.00 Bargain-Loving Brits in the Sun Mike and Yvonne, who share their thrifty food adventures online, are on a mission to lose weight, while dog groomer Jodie is training her new apprentice Ellie.
5.00 5 News at 5 Headlines.
6.00 The Motorway Documentary following emergency patrol teams. (R); 5 News Update

8pm, POLICE INTERCEPTORS: PC Harrison Beverley

7.00 Motorway Cops: Catching Britain's Speeders PC Martain Anderson tracks down a disqualified driver with a reputation for being anti-police, while Sgt Dave Roberts pursues a car linked to drug dealing. (R); 5 News Update
8.00 Police Interceptors Officers are called to a busy town centre bar where a man who had been thrown out has been putting his boot into the windows and shattered four of them. Harrison is rammed by a 4x4 at a drive-through.
9.00 *NEW* **Forensics: Crash Scene Investigators** Return of the documentary following the work of forensic collision investigators, beginning with the case of an 81-year-old cyclist knocked down by a speeding car.
10.00 Inside the Force 24/7 PCs Jordan Vasey and James Boyd Bell are called to a suspected domestic incident, but upon arrival the suspect is struggling to breathe and in need of medical help having taken cocaine. (R)
11.05 Traffic Cops It takes six units to bring to a stop a van thought to be carrying stolen goods, which officers spot being thrown out of the window onto the motorway. Plus, a pedestrian is found walking down a live lane. (R)
12.05am Police Interceptors (R) **1.00** PlayOJO Live Casino Show **3.00** World's Most Scenic Railway Journeys (R) **3.50** Susan Calman's Grand Week by the Sea (R) **4.35** The Highland Vet (R) **5.25** Entertainment News on 5 **5.35** The Adventures of Paddington (R) **5.45-6.00am** Milo (R)

ITV2 FREEVIEW 6

6.00am CITV **7.30** Celebrity Dinner Date **8.30** Olivia Marries Her Match **9.25** The Only Way Is Essex **10.25** The Real Housewives of Miami **11.15** The Real Housewives of Beverly Hills **12.10pm** Dinner Date **1.15** Celebrity Dinner Date **2.15** The Only Way Is Essex **3.15** The Real Housewives of Orange County **4.10** The Real Housewives of Miami **5.00** The Real Housewives of Beverly Hills

6.00 Celebrity Catchphrase

7.00 Deal or No Deal Sonya tries to open the 22 red boxes in the right order.

8.00 The Real Housewives of Orange County Jenn demands answers about the background check on Ryan.

9.00 Love Island: All Stars Famous former Islanders get another shot at finding love.

10.05 The 1% Club Quiz, with Lee Mack.

11.05 Family Guy Double bill.

12.05am American Dad! **1.05** Bob's Burgers **1.35** Olivia Attwood's Bad Boyfriends **2.30-3.00am** Unwind

U&Dave FREEVIEW 19

6.00am Teleshopping **7.35** James May's Things You Need to Know **8.00** Border Force: America's Gatekeepers **10.00** Guy Martin: Proper Jobs **11.00** Rick Stein's Road to Mexico **12.00noon** Bangers & Cash **2.00** Robson's Extreme Fishing Challenge **3.00** Top Gear **5.00** Hairy Bikers' Best of British

6.00 Rick Stein's Road to Mexico

7.00 Would I Lie to You? With Gareth Malone, Amanda Abbington, Richard Osman and Phill Jupitus taking part.

7.40 Richard Osman's House of Games

9.00 QI XL With guest panellists Sandi Toksvig, Bill Bailey and Susan Calman.

10.00 Have I Got 2021 News for You

11.00 Taskmaster Greg Davies sets Alice Levine, Asim Chaudhry, Liza Tarbuck, Russell Howard and Tim Vine some brilliantly bewildering tasks.

12.00m't Mock the Week **12.40** Would I Lie to You? **2.00** Not Going Out **4.00-6.00am** Teleshopping

E4 FREEVIEW 13

6.00am Hollyoaks **6.55** Rude(ish) Tube Shorts **7.00** Junior Bake Off **8.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Modern Family **11.00** Ramsay's Kitchen Nightmares USA **1.00pm** Brooklyn Nine-Nine **2.00** The Simpsons **3.00** The Goldbergs **4.00** Modern Family **5.00** Brooklyn Nine-Nine

6.00 The Simpsons Double bill.

7.00 Hollyoaks Mercedes is given the chance to get her life back on track.

7.30 The Simpsons Lisa finds an old diary.

8.00 First Dates Mum-and-son Andrea and Stephan go on a double-date.

9.00 Gogglebox Opinions on Britain's Got Talent, Baby Reindeer and Red Eye.

10.00 Naked Attraction A 20-year-old virgin seeks a fairy tale princess.

11.05 Open House: The Great Sex Experiment A couple spice things up.

12.05am Gogglebox **1.10** First Dates **2.10** Gogglebox **4.00** The Goldbergs **4.50-6.00am** Don't Tell the Bride

ITVQuiz FREEVIEW 28

9.00am Deal or No Deal **10.00** Tipping Point **1.00pm** Lingo **2.00** Tenable **3.00** Millionaire Hot Seat **4.00** Riddiculous **5.00** Deal or No Deal. Orla gets her chance to open the iconic red boxes.

6.00 Lingo Triple bill. Chelsea and Jony, Ryan and Zoe and James and Hannah compete; Rachel and Sarah, Julia and Ian, and Mica and Trish compete; battling it out this time are three sets of friends, Scott and Dave from Falkirk, Jane and Daniel from Derby and Tyrone, and Natalie and Carla from Milton Keynes.

9.00 Millionaire Hot Seat Double bill. Jeremy Clarkson hosts the quiz where each episode sees six hopefuls compete for a one-million-pound prize. However, only one player can take their place in the Hot Seat at a time and answer questions to work their way up the Money Ladder.

10.00 Tipping Point Double bill.

12.00m't Tipping Point **12.55** Tenable **1.50** Unwind **2.00-9.00am** Teleshopping

U&Drama FREEVIEW 20

6.00am Teleshopping **7.30** The Bill **8.30** Doctors **9.40** Classic Holby City **10.40** Classic Casualty **11.50** The Bill **12.55pm** Classic EastEnders **2.10** All Creatures Great and Small **3.10** Howards' Way **4.20** Bergerac **5.20** The Thin Blue Line

6.00 To the Manor Born Marjory resolves to protect a rare bird nesting on the estate – much to Audrey's annoyance. First shown in 1981.

6.40 Last of the Summer Wine Double bill.

8.00 Judge John Deed Three men are accused of a gang-related shooting – but their impending trial is in danger of collapsing when the jurors fall sick and the prosecution's main witness is killed.

10.00 New Tricks The team investigates the murder of a junior doctor.

11.20 Waking the Dead Part two of two. Boyd goes head to head with the military.

12.40am Sister Boniface Mysteries **1.40** The Thin Blue Line **2.15** The Brokenwood Mysteries **4.00-6.00am** Teleshopping

More4 FREEVIEW 18

8.55am Strangers on a Plane **9.30** Find It, Fix It, Flog It **10.25** A Place in the Sun **11.30** Come Dine with Me: five episodes **2.10pm** Four in a Bed: five episodes **4.50** A Place in the Sun **5.55** Car S.O.S

6.55 Car S.O.S Tim and Fuzz take on a 1980 Jaguar XJ-S V12.

7.55 The Dog House Margot the collie seeks an owner who will ensure that her active mind stays busy.

9.00 Our Farm Next Door: Amanda, Clive and Kids Sid and Amanda inspect a vital bridge that's collapsed.

10.00 Supercruising: Life at Sea The MS Nieuw Statendam sails across North Africa and Europe. Last in series.

11.05 24 Hours in A&E A 63-year-old builder falls from a great height while working on a construction site.

12.10am Our Farm Next Door: Amanda, Clive and Kids **1.10** 24 Hours in A&E **2.15** Emergency Helicopter Medics **3.20-3.50am** Food Unwrapped

BBC3 FREEVIEW 23

7.00pm The Catch Up Day's news.

7.05 SpongeBob SquarePants

7.30 Deadly 60 Steve Backshall gets close to a great white shark.

8.00 Top Gear Jeremy Clarkson drives the Alfa Romeo Disco Volante made by Touring Superleggera and Richard Hammond experiences the Mercedes-Benz G63 AMG 6x6. With comedian Jack Whitehall.

9.00 The Traitors Ireland Double bill.

10.40 *FILM* **Election** (1999, 15) A teacher develops an irrational dislike for an overachieving pupil and tries to stop her becoming school president. Satirical comedy, starring Matthew Broderick, Reese Witherspoon, Chris Klein and Jessica Campbell. ★★★★

12.20am Things You Should Have Done: triple bill **1.50** Top Gear **2.50** The Beauty Queen and the Catfish **3.35-3.55am** Zoners. Comedy.

BBC4 FREEVIEW 9

7.00pm Wild China Creatures inhabiting the Yunnan Province.

8.00 Art of Persia Samira Ahmed reveals how Iran preserved its distinctive language and culture despite the Arab conquest of Persia.

9.00 Call My Bluff With Jenny Agutter, Tim Rice, Sinead Cusack and Nigel Dempster. First broadcast in 1978.

9.30 Face the Music With Camilla Jessel, Robin Ray and Edward Boyle. First broadcast in 1975.

10.00 Tim Peake Special – How to Be an Astronaut: Horizon A video diary filmed over two years.

11.00 8 Days: To the Moon and Back Dramatised documentary about the Apollo 11 mission.

12.30am Man in Space – Horizon. A 1966 edition. **1.10** Face the Music **1.40** Tim Peake Special – How to Be an Astronaut: Horizon **2.40-3.40am** Art of Persia

GB News FREEVIEW 236

6.00am Breakfast with Eamonn and Ellie **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney. Updates.

6.00 Dewbs & Co Plain-speaking, straight-talking – Michelle Dewberry delivers her take on the day's news.

7.00 Farage An action-packed hour of topical discussion and debate.

8.00 Jacob Rees-Mogg's State Of The Nation Join Jacob for his unique and unmissable take on the news.

9.00 Patrick Christys Tonight Replay Join Patrick for two hours of debate and news making interviews. Top guests tackle the issues that matter, with a sharp take on every story.

11.00 Patrick Christys Tonight Late Edition Discussion and debate.

12.00m't The Late Show Live **2.00** Farage Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Patrick Christys Tonight Late Edition

Variations & S4C

WALES As BBC1 except: 1.35-1.45pm BBC Wales Today; Weather **6.30** BBC Wales Today; Weather **7.00-7.30** Bear Grylls: Wild Reckoning. Ben wants to drop out of university, to the concern of his parents. **10.30-10.40** BBC Wales Today; Weather **11.40** Scrum V Highlights **12.10am** The Traitors Ireland **1.00** The Traitors Ireland **1.50-6.00am** BBC News

WALES As BBC2 except: 7.00pm The One Show **7.30-8.00pm** Scrum V Highlights

MERIDIAN As ITV1 except: 1.55-2.00pm ITV News Meridian; Weather **6.00-6.30** ITV News Meridian; Weather. The latest headlines. **10.30-10.45pm** ITV News Meridian; Weather

CENTRAL As ITV1 except: 1.55-2.00pm ITV News Central; Weather **6.00-6.30** ITV News Central; Weather **10.30-10.45pm** ITV News Central; Weather. The day's headlines.

ITV WALES As ITV1 except: 1.55-2.00pm ITV News Cymru Wales; Weather **6.00-6.30** ITV News Cymru Wales; Weather **10.30-10.45pm** ITV News Cymru Wales; Weather

WEST As ITV1 except: 1.55-2.00pm ITV News West Country. The latest headlines; Weather **6.00-6.30** ITV News West Country; Weather **10.30-10.45pm** ITV News West Country

ANGLIA As ITV1 except: 1.55-2.00pm ITV News Anglia; Weather **6.00-6.30** ITV News Anglia; Weather. Round-up of the headlines. **10.30-10.45pm** ITV News Anglia; Weather

WESTCOUNTRY As ITV1 except: 1.55-2.00pm ITV News West Country; Weather **6.00-6.30** ITV News West Country; Weather. The day's headlines so far. **10.30-10.45pm** ITV News West Country; Weather

S4C 6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Iaith ar Daith **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cartrefi Cymru **6.30** Rownd a Rownd **6.57** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C a'r Tywydd **8.00** Gwlad y Basg: Gwilym Bowen Rhys **8.25** Sgwrs Dan y Lloer **8.55** Newyddion S4C a'r Tywydd **9.00** Ffermio. Weekly countryside and farming magazine. **9.35** Ralio+ **10.05** Sgorio **10.35** Y Cyfweliad **11.10pm-12.15am** Troseddau Cymru Gyda Sian Lloyd

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Sport

SKY SPORTS MAIN EVENT

6.00am Sky Sports Catch Up **7.00** Sky Sports Breakfast. The latest headlines and updates.
7.30 LIVE **ICC Under-19s World Cup Cricket** A play-off match in Zimbabwe, featuring the fourth-placed teams from Groups B and C.
3.00pm Sports Desk **4.00** The Transfer Show **4.30** Sports Desk **5.00** The Premier League Show
6.30 LIVE **MNF** Everton v Leeds United (kick-off 8.00pm). Coverage from Hill Dickinson Stadium.
11.00 Sky Sports News. The latest headlines.
11.30 LIVE **NBA Basketball** Cleveland Cavaliers v Orlando Magic (Tip-off 12.00m't).
2.30am LIVE **NBA Basketball** Minnesota Timberwolves v Golden State Warriors (Tip-off 2.30am). Coverage from Target Center.
5.30-6.00am Sky Sports News. Headlines.

SKY SPORTS CRICKET

6.00am Big Bash League **7.00** Best of ICC WT20
7.15 LIVE **ICC Under-19s World Cup Cricket** A play-off match from Harare Sports Club.
3.00pm LIVE **WPL** Mumbai Indians v Royal Challengers Bengaluru. The women's T20 match at Baroda Cricket Association Stadium.
5.30 Best of England v South Africa **5.45** Best of ICC WT20 **6.00** Big Bash League **7.00** SA20 **8.00** WPL **9.00** WPL **10.00** WPL **11.00** SA20 **12.00m't** Big Bash League **3.20** Best of J Anderson: 500th Wicket **3.30** Best of England v South Africa **3.45** Best of ICC WT20 **4.00** SA20 **5.00-6.00am** WPL

SKY SPORTS FOOTBALL

6.00am EFL League One Goals **6.30** EFL League Two Goals **7.00** WSL **8.00** EFL Highlights **9.00** SPFL Round-Up **9.15** SPFL Highlights **9.30** EFL Highlights **11.00** EFL League One Goals **11.30** EFL League Two Goals **12.00noon** WSL **1.00** EFL Highlights **1.30** SPFL Round-Up **1.45** SPFL Highlights **2.00** EFL Highlights **3.30** WSL **4.00** EFL Highlights **5.00** EFL League One Goals **5.30** EFL League Two Goals
6.00 SPFL Round-Up **6.15** SPFL Highlights **6.30** Bundesliga Highlights Show
7.30 LIVE **EFL** Norwich City v Coventry City (kick-off 8.00pm). Coverage from Carrow Road, as the teams meet for the second time.
10.30 Bundesliga Highlights Show **11.30** EFL Greatest Games **12.00m't** Championship Retro **2.00** EFL Greatest Games **4.00** EFL Cup **5.00** Best Goals of the Carabao Cup 2020/21 **5.30-6.00am** EFL Trophy Football

SKY SPORTS GOLF

6.00am Chronicles of a Champion Golfer **7.00** DP World Tour Golf **1.00pm** PGA Tour Golf **4.00** PGA Tour Champions Learning Centre **5.00** Beyond the Scorecard **6.00** DP World Tour Golf **7.00** PGA Tour Golf **8.00** Rory's 2025 **9.30** The Big 5 Roundtable **11.30** You Can Play Golf
12.00m't LIVE **TGL** Boston Common Golf Club v The Bay Golf Club. Coverage of the team match from SoFi Center in Palm Beach, Florida.
2.00 PGA Tour Golf: double bill **4.00** Best of the Open Zone 2016 **5.00-6.00am** Roots

TNT SPORTS 1

6.00am Serie A. AS Roma v AC Milan.
7.00 LIVE **Australian Open** Coverage of day nine of the opening Grand Slam event of the season, featuring fourth-round matches in Melbourne.
1.30pm The Football Archives: UEFA Champions League. A look at the 2018/19 season.
2.00 LIVE **German Masters Snooker** Coverage from the first day of the tournament, which takes place at Tempodrom in Berlin. The last three tournaments here have been won by English players, with Ali Carter, Judd Trump and Kyren Wilson all succeeding since 2023. Wilson won last year's final 10-9 in a thrilling match against fellow Englishman Barry Hawkins.
5.00 UEFA Europa League & Conference League Magazine **5.30** UEFA Champions League Magazine **6.00** Premier League Stories **6.30** Premier League – The Big Interview
7.00 LIVE **German Masters Snooker** Further coverage from the first day of the tournament.
10.00 Fight Week **10.30** International T20 Cricket Highlights **11.30** One Day International Cricket
12.30am LIVE **Australian Open** Coverage of day 10 of the opening Grand Slam event of the season, featuring quarter-final matches.
5.30-6.00am Premier League – The Big Interview

TNT SPORTS 2

6.00am TNT Sports Reload. The best bits.
6.30 LIVE **Isuzu UTE A-League** Melbourne Victory v Sydney FC (kick-off 6.30am).
8.30 Premier League **10.00** Serie A
12.00noon LIVE **Ski Mountaineering World Cup** Coverage of the Sprint race, in Pal Arinsal.
1.00 Fishing: On the Bank. Featuring coverage of the 2025 Blue Fin Tuna Championship.
2.00 LIVE **German Masters Snooker** Coverage from the first day of the tournament, which takes place at Tempodrom in Berlin.
5.00 Cyclocross **6.00** Isuzu UTE A-League
7.00 LIVE **German Masters Snooker** Further coverage from the first day of the tournament.
10.00 IBSF World Cup **10.30** The Gallagher PREM **11.30** The Gallagher PREM **1.30am** Serie A **3.30** UEFA Champions League Magazine **4.00** UEFA Europa League & Conference League Magazine **4.30** Spirit of Yachting **5.00-6.00am** International T20 Cricket Highlights

Entertainment & Factual

ITV3 Freeview 10

6.00am Never the Twain **6.30** On the Buses **7.05** Classic Emmerdale **8.05** Classic Coronation Street **9.10** Inspector Morse **11.20** Heartbeat **1.20pm** Foyle's War **3.30** Classic Emmerdale **4.05** Classic Coronation Street **5.45** Heartbeat **8.00** Midsomer Murders **10.00** Foyle's War **12.00m't** Trial & Retribution **1.30-2.30am** The Larkins

ITV4 Freeview 26

6.00am The Big Match Revisited **8.05** Magnum, PI **9.05** Kojak **10.10** Boon **11.20** The Sweeney **12.25pm** Robin of Sherwood **1.40** Magnum, PI **2.40** Kojak **3.45** Boon **4.50** The Sweeney **5.55** Minder **7.00** American Pickers **8.00** The Motorbike Show **9.00** FILM Terminator 2: Judgment Day (1991/15) Sci-fi action adventure sequel, with Arnold Schwarzenegger and Linda Hamilton. ★★★★★ **11.45** FILM Kill Bill: Volume 2 (2004/18) Revenge thriller sequel, starring Uma Thurman and David Carradine. ★★★★★ **2.10** Lost **3.00** Teleshopping **3.30-4.00am** Motorsport Mundial

5STAR Freeview 32

8.00am Bargain-Loving Brits in the Sun **10.00** Shoplifters: Caught Red Handed **11.00** Traffic Cops **2.00pm** Police Interceptors **5.00** Extreme Nightmare Tenants **6.00** Home and Away **7.00** GPs: Behind Closed Doors **8.00** Casualty 24/7: Every Second Counts **9.00** Ambulance: Code Red **10.00** A&E After Dark **11.00** Skin A&E **12.00m't** Cause of Death **1.00** GPs: Behind Closed Doors **2.00** Casualty 24/7: Every Second Counts **2.45** Skin A&E **3.35-4.00am** Friends

REALLY Freeview 44

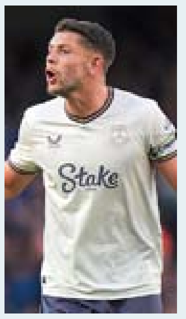
6.00am Fantasy Homes by the Sea **7.00** Cruise TV with LoveitBookit **8.00** Escape to the Country **9.00** Salvage Hunters **12.00noon** Antiques Road Trip **2.00** The Repair Shop **3.00** The Yorkshire Auction House **4.00** Long Lost Family **5.00** A Place in the Sun **6.00** Salvage Hunters **9.00** Secret Life of the Auction House **10.00** The Yorkshire Auction House **11.00** Help! My House Is Haunted **2.00am** Teleshopping **4.00-6.00am** Salvage Hunters

5ACTION Freeview 33

9.00am Entertainment News on 5 **9.10** Winter Road Rescue **9.40** Police Interceptors **11.45** FILM A Reason to Live, A Reason to Die (1972/12) ★★★ **1.40** FILM The Proud Rebel (1958/U) ★★★ **4.00** The Motorway **5.00** Traffic Cops **6.00** Police Interceptors **8.00** Motorway Cops: Catching Britain's Speeders **9.00** Soldier: For King and Country **10.00** Warship: Life at Sea **11.00** Banged Up Abroad **12.00m't** World's Deadliest Weather: Caught on Camera **1.05** Ice Road Truckers **2.05-4.00am** Trucking Hell

SKY ARTS Freeview 36

6.00am Riverdance 25th Anniversary Show **8.00** The Joy of Painting **9.00** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** The Directors **12.00noon** Discovering: Fredric March **1.00** Tales of the Unexpected **2.00** The Art of the Garden **3.00** Landscape Artist of the Year 2026 **4.00** The Directors **5.00** Discovering: Russell Crowe. The life and career of the actor. **6.00** Tales of the Unexpected **7.00** Alfred Hitchcock Presents **8.00** Andre Rieu: Happy Days Are Here Again **11.00** Mozart's Women: A Musical Journey **12.30am** Lily and Lolly: The Forgotten Yeats Sisters **2.00** Statues Redressed **4.00** Landmark **5.00-6.00am** National Treasures: The Art of Collecting



Live MNF
Sky Sports Main Event, 6.30pm
David Moyes' Everton have a had a mixed first season at their new home, Hill Dickinson Stadium. Can James Tarkowski (left) lead the Toffees to a win over Leeds United this evening?

U&GOLD

7.30am Ever Decreasing Circles **8.00** The Green Green Grass **8.40** The Thin Blue Line **9.20** Are You Being Served? **10.00** Open All Hours **10.40** Keeping Up Appearances **11.20** Last of the Summer Wine **12.40pm** The Green Green Grass **1.20** Ever Decreasing Circles **2.00** The Thin Blue Line **2.40** Are You Being Served? **3.20** Open All Hours **4.00** Ever Decreasing Circles **4.40** Last of the Summer Wine **6.00** Keeping Up Appearances. Hyacinth's picnic plans backfire. **6.40** Open All Hours **7.20** Dad's Army **8.00** The Vicar of Dibley **10.00** Men Behaving Badly **10.40** The Vicar of Dibley **12.35am** Men Behaving Badly **1.15** The Vicar of Dibley **3.10-4.00am** Men Behaving Badly

U&YESTERDAY Freeview 27

6.10am Great Continental Railway Journeys **8.00** Bangers & Cash **10.00** Secrets and Spies: A Nuclear Game **11.00** World War Weird **12.00noon** Antiques Roadshow **2.00** Bangers & Cash **4.00** Secrets and Spies: A Nuclear Game **5.00** World War Weird **6.00** Antiques Roadshow **7.00** Great Canal Journeys **8.00** Sacred Rivers with Simon Reeve **9.00** Cornwall with Simon Reeve. Part one of two. **10.00** Bangers & Cash **1.00am** Abandoned Engineering **2.00-3.00am** Secrets and Spies: A Nuclear Game

U&ALIBI

7.15am Murdoch Mysteries **9.00** Father Brown **10.00** The Mentalist **11.00** Hudson & Rex **12.00noon** Miss Fisher's Murder Mysteries **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** The Mentalist **5.00** Hudson & Rex **6.00** Father Brown **7.00** Miss Fisher's Murder Mysteries **8.00** Death in Paradise **10.00** Father Brown **12.00m't** So Help Me Todd **1.00** Death in Paradise **2.00-4.00am** Murdoch Mysteries

SKY MAX

6.00am Hawaii Five-0 **8.00** The Flash **9.00** Stargate SG-1 **11.00** SEAL Team **12.00noon** The Flash **1.00** Hawaii Five-0 **3.05** S.W.A.T **4.10** NCIS: Los Angeles **5.15** SEAL Team **6.15** Stargate SG-1 **8.15** Never Mind the Buzzcocks **9.00** A League of Their Own: Mexican Road Trip **10.00** An Idiot Abroad. Karl Pilkington visits Egypt. **11.00** Fear the Walking Dead **12.00m't** The Force: North East **1.00** The Force: Manchester **2.00** Road Wars **3.00** S.W.A.T **4.00** NCIS: Los Angeles **5.00-6.00am** Highway Patrol

SKY ATLANTIC

6.00am Urban Secrets **7.00** Richard E Grant's Hotel Secrets **8.00** Boardwalk Empire **10.10** The Sopranos **12.20pm** Game of Thrones **2.30** The Wire **4.40** Westworld **5.45** Deadwood **6.50** Game of Thrones **9.00** A Knight of the Seven Kingdoms **9.40** The Last of Us **10.45** Deadwood **11.50** The Sopranos **2.05am** Game of Thrones **4.10-6.00am** Fish Town

SKY WITNESS

6.00am Nothing to Declare **8.00** Border Patrol **9.00** Send in the Dogs **10.00** Border Security: Canada's Front Line **11.00** A1: Britain's Longest Road **12.00noon** FBI **1.00** The Rookie **3.00** Watson **4.00** Law & Order: Criminal Intent **5.00** Nothing to Declare **7.00** Police 24/7 **8.00** Law & Order: Criminal Intent **9.00** Blue Bloods **10.00** The Equalizer **11.00** The Rookie **12.00m't** FBI **1.00** Law & Order: Criminal Intent **2.00** Law & Order: Organized Crime **3.00** Road Wars **5.00-6.00am** Send in the Dogs

SKY COMEDY

8.00am Will & Grace **9.00** Ballers **10.20** Sex and the City **11.30** Entourage **12.30pm** Will & Grace **1.30** Sex and the City **2.40** Ballers **3.50** And Just Like That **4.45** The Office (US) **5.45** Will & Grace **6.45** Community **7.45** Sex and the City **9.00** NEW Real Time with Bill Maher. New series. A lively discussion of current events. **10.10** And Just Like That **11.05** Community **12.05am** Entourage **1.05** Ballers **2.15** Curb Your Enthusiasm **3.40-5.00am** Silicon Valley

DISCOVERY

6.00am How Do They Do It? **7.00** Junkyard Empire **9.00** Gold Rush **11.00** Diesel Brothers **1.00pm** Deadliest Catch **3.00** How Do They Do It? **5.00** Alaska: Homestead Rescue **7.00** Wheeler Dealers **8.00** Scrapyard Dynasty **9.00** Secrets Underground **10.00** Expedition Unknown **12.00m't** Deadliest Catch **1.00** Secrets Underground **2.00** Expedition Unknown **3.00** Gold Divers **4.00-5.00am** Moonshiners

NATIONAL GEOGRAPHIC

8.00am Britain's Greatest Machines with Chris Barrie **9.00** Air Crash Investigation **10.00** Seconds from Disaster **11.00** WW2: Hell Under the Sea **12.00noon** World War II: Secrets from Above **1.00** Air Crash Investigation **3.00** Killing Hitler **4.00** Gladiators: Warriors of the Ancient World **5.00** Ice Road Rescue **6.00** Nazi Megastructures **7.00** Air Crash Investigation **8.00** Destruction Decoded **9.00** The Challenger Disaster: Lost Tapes **10.00** Dutch Caribbean Coastguards **11.00** Mayday **12.00m't** Car S.O.S **1.00** To Catch a Smuggler **2.00** Trafficked with Mariana Van Zeller **2.30** Money Meltdown **3.20** Food Factory **4.10** When Sharks Attack and Why **4.35** Secrets of the Zoo: Keeper Tales **5.00-5.30am** Teleshopping

Radio

BBC RADIO 1

97.6-99.8MHz 6.58am Newsbeat **7.00** Radio 1 Breakfast with Greg James **10.30** Newsbeat **10.33** Rickie, Melvin and Charlie **12.45pm** Newsbeat **1.00** Matt and Mollie **3.30** Newsbeat **3.33** Going Home with Katie and Jerry **5.45** Newsbeat **6.00** Radio 1's New Music Show with Jack Saunders **8.00** Radio 1's Future Artists with Sian Eleri **10.00** Radio 1's Power Down Playlist with Sian Eleri **11.00** Rock Show with Daniel P Carter **1.00am** BBC Introducing Rock on Radio 1 with Alyx Holcombe **2.00** Radio 1 Anthems **4.00** Radio 1 Pop Anthems **5.00-6.58am** Radio 1 Early Breakfast with Dean McCullough

BBC RADIO 2

88-91MHz 6.30am The Scott Mills Breakfast Show **9.30** Vernon Kay **12.00noon** Jeremy Vine **2.00** DJ Spoony **4.00** Sara Cox **6.30** Sara Cox's Half Wower **7.00** Jo Whiley's Shiny Happy Playlist **7.30** Jo Whiley **9.00** The Blues Show with Cerys Matthews **10.00** The Good Groove with Melvin Odoom **12.00m't** OJ Borg **2.30** One Hit Wonders with OJ Borg **3.00** Radio 2's Piano Room **4.00-6.30am** Owain Wyn Evans

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast **9.30** Essential Classics **1.00pm** Classical Live **4.00** Composer of the Week: Franz Xaver Wolfgang Mozart **5.00** In Tune **7.00** Classical Mixtape **7.30** Radio 3 in Concert **9.45** The Essay: On Disappointment **10.00** Night Tracks **11.30** 'Round Midnight **12.30-6.30am** Through the Night

CHOICE
Vernon Kay
Monday-Friday, Radio 2, 9.30am
All this week, comedian, presenter and actor John Bishop is choosing the songs that have soundtracked his life in Tracks Of My Years. Alomg the way, he will be discussing his career, as well as the release of director Bradley Cooper's US comedy drama *Is This Thing On?*, which is loosely inspired by his life.

BBC RADIO 4

FM 92.4-94.6MHz 6.00am Today **9.00** Start the Week **9.45** Cafe Hope **10.00** Woman's Hour **11.00** An American Journey **11.45** Book of the Week: Craftland **12.00noon** News **12.04** You and Yours **12.57** Weather **1.00** The World at One **1.45** The Fibre Factor **2.00** The Archers **2.15** Relativity **2.45** Opening Lines **3.00** Great Lives **3.30** You're Dead to Me **4.00** The Price of Meat **4.30** Soul Music **5.00** PM **5.57** Weather **6.00** News **6.30** The Unbelievable Truth **7.00** The Archers **7.15** Front Row **8.00** Rethink **8.30** BBC Inside Science **9.00** Start the Week **9.45** Cafe Hope **10.00** The World Tonight **10.45** Book at Bedtime: The Memory Police **11.00** Tom Clancy's Splinter Cell: Firewall **11.30** Today in Parliament **12.00m't** News **12.30** Book of the Week: Craftland **12.48** Shipping Forecast **1.00** As BBC World Service **5.00** News Summary **5.04** Yesterday in Parliament **5.32** Weather **5.34** Shipping Forecast **5.43** Prayer for the Day **5.45-6.00am** Farming

BBC RADIO 5 LIVE

693/909kHz 6.00am 5 Live Breakfast **9.00** Nicky Campbell **11.00** Naga Munchetty **2.00pm** Matt Chorley **4.00** 5 Live Drive **7.00** 5 Live Sport: The Monday Night Club **9.00** 5 Live Sport: 5 Live Tennis **10.00** Tony Livesey **1.00-5.00am** Dotun Adebayo

BBC RADIO WALES

FM: 94.6MHz 6.00am Radio Wales News Update **6.05** Wake Up with Radio Wales **6.31** Radio Wales Arts Show **7.00** Radio Wales Breakfast **9.00** Bronwen Lewis **11.59** The Phone In **2.00pm** Behnaz Akhgar **5.00** Radio Wales Drive **6.30** How Emily Goes Zen **7.00** Huw Stephens **10.00** Eleri Sion **12.00m't-1.00am** Relax with Radio Wales

CLASSIC FM

100-102MHz 6.30am Classic FM Breakfast with Dan Walker **9.00** The Classic FM Hall of Fame Hour with Dan Walker **10.00** Alexander Armstrong **1.00pm** Anne-Marie Minhall **4.00** Margherita Taylor **7.00** Relaxing Evenings **10.00** Calm Classics **1.00am** Bill Overton **4.00-6.30am** Early Breakfast

ABSOLUTE RADIO

DAB 6.00am Dave Berry **10.00** Leona Graham **1.00pm** Ben Burrell **4.00** Bush and Richie **7.00** Danielle Perry **10.00** Jay Lawrence **1.00-6.00am** Dan Noble

Movies

FILM4

11.00am Winchester '73 (1950/U) Western drama, starring James Stewart. ★★★★
12.50pm Siege at Red River (1954/U) Western, starring Van Johnson. ★★★
2.35 Ten Tall Men (1951/U) Foreign Legion comedy adventure, with Kieron Moore. ★★★
4.30 The Man from Laramie (1955/U) Western, starring James Stewart. ★★★★
6.45 Gemini Man (2019/12) Action drama, starring Will Smith and Clive Owen. ★★★
9.00 Polite Society (2023/12) Action comedy, starring Priya Kansara and Ritu Arya. ★★★★
11.05 Fighting with My Family (2019/12) Fact-based drama, starring Florence Pugh, Lena Headey and Nick Frost. ★★★★
1.15-3.50am xXx (2002/12) Action adventure, starring Vin Diesel and Asia Argento. ★★★★

SKY CINEMA PREMIERE

6.00am Super Charlie (2024/PG) See 1.10am. ★★★
7.30 Smurfs (2025/PG) See 4.10pm. ★★★
9.10 Friendship (2024/15) Comedy, starring Paul Rudd and Kate Mara. ★★★★
11.00 Safe House (2025/15) Thriller, with Holt McCallany and Hannah John-Kamen. ★★★
12.35pm The Ballad of Wallis Island (2025/12) Comedy drama, starring Tim Key. ★★★★★
2.20 Xeno (2025/PG) See 11.20pm. ★★★
4.10 Smurfs (2025/PG) Fantasy comedy, featuring the voice of Rihanna. ★★★
5.45 Borderline (2025/15) Dark comedy horror, starring Samara Weaving. ★★★
7.30 28 Years Later (2025/15) Horror, starring Aaron Taylor-Johnson. ★★★★
9.30 The Toxic Avenger (2025/18) Comedy horror, starring Peter Dinklage. ★★★
11.20 Xeno (2025/PG) Fantasy adventure, with Lulu Wilson and Omari Hardwick. ★★★
1.10am Super Charlie (2024/PG) Family animation, with the voice of Alex Kelly. ★★★
2.40 Beast of War (2025/15) Thriller, starring Mark Coles Smith and Joel Nankervis. ★★
4.20-6.00am All the Devils Are Here (2025/15) Thriller, starring Eddie Marsan. ★★★

SKY CINEMA DRAMA

4.10pm Lost in Translation (2003/15) Drama, starring Scarlett Johansson. ★★★★★
5.55 Birdy (1984/15) Drama, with Matthew Modine and Nicolas Cage. ★★★★
8.00 The Post (2017/12) In 1971, Fact-based drama, starring Meryl Streep. ★★★★
10.05 Turtles All the Way Down (2024/12) Drama, starring Isabela Merced. ★★★★
12.05am Anora (2024/18) Comedy, with Mikey Madison and Paul Weissman. ★★★★
2.25 Miranda's Victim (2023/15) Drama, with Emily VanCamp and Abigail Breslin. ★★★
4.35-6.30am Turtles All the Way Down (2024/12) See 10.05pm. ★★★★

SKY CINEMA FAMILY

4.15pm Zathura: A Space Adventure (2005/PG) Family sci-fi adventure, starring Josh Hutcherson and Jonah Bobo. ★★★★
6.00 Lemony Snicket's A Series of Unfortunate Events (2004/PG) Comedy adventure, starring Jim Carrey. ★★★★
7.55 Look Who's Talking Now (1993/12) Comedy sequel, starring John Travolta. ★★★
9.40 Sonic the Hedgehog 3 (2024/PG) Fantasy adventure, starring Ben Schwartz. ★★★
11.35 The Mountain (2024/PG) Comedy, starring Elizabeth Atkinson. ★★★
1.15am It Takes Two (1996/U) Children's comedy, starring Kirstie Alley. ★★
3.05 My Penguin Friend (2024/PG) Drama, with Jean Reno and Adriana Barraza. ★★★★
4.50-6.30am Look Who's Talking Now (1993/12) See 7.55pm. ★★★

TALKING PICTURES TV

4.00pm The Dark Road (1948/PG) British crime drama, starring Charles Stuart. ★★
5.30 Bonanza Western drama series.
7.00 The Footage Detectives Archive film.
8.00 Reckless Starring Robson Green.
9.05 Gideon's Way Police drama.
10.05 The Hound of the Baskervilles (2002/15) Sherlock Holmes adventure, with Richard Roxburgh and Ian Hart. ★★★
12.05am The Comic (1969/PG) Comedy drama, starring Dick Van Dyke. ★★★
2.00 Penny Gold (1974/PG) Thriller, starring James Booth and Francesca Annis. ★★
3.45-5.30am Beyond the Curtain (1960/U) Cold War drama, with Richard Greene. ★★

GREAT! MYSTERY

4.00pm Diagnosis Murder Detective drama.
5.00 Murder, She Wrote An MP is murdered.
6.00 Sue Thomas: FBEye Crime drama.
7.00 Castle American crime drama.
8.00 Unforgettable Poppy Montgomery stars.
9.00 Ruby Herring Mysteries: Silent Witness (2019/PG) Whodunit, with Taylor Cole. ★★★
10.55 An Inheritance to Die For: A Teagarden Mystery (2019/PG) Whodunit, starring Candace Cameron Bure and Niall Matter. ★★
12.50am True Justice (2023/PG) Thriller, starring Katherine McNamara. ★★
2.30-4.05am Au Pair Nightmare (2020/12) Thriller, starring Annie Heise. ★★

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Letters

Edited by GREG MORGAN

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LETTER OF THE DAY

VILE ATTACK: US President Donald Trump

Pig-ignorant Trump insults our war dead

WE'RE used to letting most of Donald Trump's remarks float over our heads for the nonsense they are, but his remarks on Nato troops in Afghanistan were truly shocking and uncalled for ("UK fury after Donald Trump insults British soldiers who fought and died in Afghanistan", January 23).

To claim US soldiers deserved all the credit while Nato troops held back was an ignorant comment. 457 British soldiers died in this conflict. How dare this privileged, egotistical president trample over the courage and bravery of men far greater than he will ever be? He constantly seeks personal glory and even let the world know how peeved he was when the Nobel Peace Prize eluded him.

Jean Norfolk,
Knottingley, W Yorks

President wilfully ignores allies' long history of help

IS DONALD Trump genuinely ignorant of the sacrifice made by Nato forces, or can he really be that insulting? When the US was attacked, its Nato allies stood alongside it from the beginning, unlike the US at the start of both the First and Second World Wars.

Suzanne Curd,
Whitstable, Kent

Putin's involvement must be last straw for Donald

THE inclusion of the tyrant Vladimir Putin in the so-called Board of Peace beggars belief and is absolutely unacceptable. How much longer are we and the democratic Americans going to put up with this deranged Donald Trump ("Blair on board for peace despite Starmer veto", January 23)?

Michael Garrett,
Rotherham, S Yorks

How can warmonger Blair be an advocate of peace?

YOU could not make this up. I actually laughed out loud when I read Tony Blair, who took our country into an illegal war with Iraq, has now been appointed to Donald Trump's Board of Peace.

He lied about weapons of mass destruction and is now getting away with that. The concept of Blair even being considered for this role is actually not funny. It makes you want to weep.

Ruth Peberdy,
Bridgwater, Somerset

Oh for a leader who can actually get things done

I MUST disagree with all the Donald Trump haters who regularly put him down and talk about him as though he's the devil incarnate.

Yes he's arrogant, self-opinionated and likes his own way. But what better qualifications do you need to be a good leader? Look at what we have... wimpy, wet, pathetically spineless creatures who whine about Trump because he can achieve what they never could.

I'd be happy for him to invade us and live in a true democracy instead of the bleak times we've lived in since Maggie.

Steve Collard,
Beckenham, Gtr London

Pompous windbag had all bragging rights in Davos

THERE should be another Nobel Prize category – one for "bragging", because Donald Trump has it in spades. I could not believe how long his speech was at Davos last week, telling everyone how wonderful he is.

Jan Chapman,
Preston, Lancs

Carry on camping! Keep migrants safely locked up

TO KEEP local people safe, illegal migrants held in barracks shouldn't be allowed to roam free outside. There is no reason to allow them out as all their needs will be met ("Mahmood: Barracks 'just the start' for migrant sites", January 23). Well fed, doctors, a dentist and no doubt a gym too. After all they are illegal and should be held as they are, illegal. As an ex-army barracks, I'd let the army patrol it to ensure the safety of all.

Anne Jones,
Stalybridge, Cheshire

Clean-up job will cost us a fortune after illegals' exit

HAVING seen the camp and spotless accommodation dormitories on TV, I cannot help but wonder as to who will clean these places – my guess it will be at the expense of British taxpayers.

Once they move out you can imagine the dormitories will be left in a state.

Haven't we got enough ex-servicemen and homeless living on our streets who would gladly accept them this winter and look after them, look at the state some of the hotels have been left in.

Donald Wiseman,
Norwich

Democracy strangled at the hands of Keir Starmer

IT CANNOT be right that Keir Starmer can cancel council elections yet again when so many households are already facing large council tax hikes ("Farage slams a 'denial of democracy' in vote delay", January 23).

Not only is it our right to have elections, but they also serve as an indicator of the public mood towards the Government, so could actually assist them in making future decisions.

Colin Humphries,
Ringwood, Hants

No elections? Then stop paying your council tax

SO NOW democratic vote is being denied to almost four million citizens by mainly Labour and Conservative councils.

Fine, no vote, no council tax payments. Seems fair.

I would like to remind them the cost of democracy and freedom, hard fought and hard won by my parents' generation. Hundreds of thousands from all over the world gave their lives and futures for freedom voluntarily – not knowing if they would live to see the end of Nazi tyranny. Now Starmer is doing his best to deny us a say.

Kevin Smith,
St Edmunds, Suffolk

Brooklyn's lucky that he's not called Haverfordwest

I AGREE with many posts currently doing the rounds on the family Beckham ("Beck to normal", January 23).

Who cares a fig what this family is doing? I get sick of hearing about celeb offspring, and it's not just the Beckhams.

Brooklyn ought to be eternally grateful that he wasn't conceived in Haverfordwest.

Trevor Buckle,
Lichfield, Staffs

Brand Beckham teetering after son's big bombshell

BRAND Beckham bites the dust, as Brooklyn accuses his parents of being control freaks.

From a commercial position, the Beckhams have spent years nursing the brand with amazing success, but these revelations from Brooklyn blow the whole image to smithereens.

Syd Vaughan,
Birmingham

Imagine if Victoria Spiced up wedding with a song

I WOULD point out that while Brooklyn Beckham may have been embarrassed by his mother dancing with him at his wedding, he should count himself lucky that Victoria didn't sing.

John Kennedy,
Hornchurch, Essex

COME OFF IT, HARRY – YOU CAN'T HAVE IT BOTH WAYS

WHATEVER is Prince Harry thinking?

When asked in court last week why he hadn't complained in the allotted six years, he said he couldn't, being "in the institution" and that royals don't do that.

Now he's out of that he can now do it, he says ("'Meghan's life was made a misery'", January 22).

So is Harry in or is he out?

One minute he wants out, then wants all the trimmings as if he's in.

Who has agreed to reinstate his security, and why should he have this privilege?

Edith Peters,
Evesham, Worcs

TODAY: Monday January 26, 2026

ON THIS DAY

DAILY EXPRESS
REVOLT BY M.P.s
The Witches!
It's a K.O. for Obote
Guilty!
Have a bank loan now
Russians cock snook

55 years ago (1971)

We reported cult leader Charles Manson and three of his followers had been found guilty of the murders of actress Sharon Tate, 26, and six others on a two-day killing spree in LA in August 1969.

Heavily pregnant Tate was stabbed to death at her Hollywood home with four friends, while supermarket owner Leno LaBianca and his wife were killed the next morning. Manson died in prison in 2017.

74 years ago (1952)

Egypt's King Farouk declared martial law amid a wave of anti-British riots in Cairo. Some 750 British-owned businesses were burned and looted including shops, cafes, cinemas, hotels, theatres and the city's opera house.Farouk was later deposed in a coup and the last British officials left the country in 1956 following the Suez Crisis.

28 years ago (1998)

In his White House news conference President Clinton denied having an affair with intern Monica Lewinsky, and he rejected accusations he had asked her to lie about their relationship under oath.

Clinton later admitted the affair in a televised speech to the Grand Jury the following August.

BIRTHDAYS

Wham!'s **Andrew Ridgeley** is 63. He shunned fame. Producer **Jazzie B** is 63. He founded Soul II Soul. Ex-Chelsea boss **Jose Mourinho** is 63. He can speak six languages. US political activist and writer **Angela Davis** turns 82. She was a member of the Black Panther Party.

TODAY'S GIGGLE

What do you get if you don't move a single muscle all week? A trophy.

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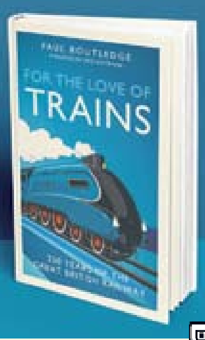
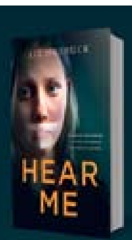

PAUL ROUTLEDGE
FOR THE LOVE OF TRAINS

Foreword by Pete Waterman

ON SALE IN ALL GOOD BOOKSHOPS AND AMAZON

THE VOICE OF A SURVIVOR



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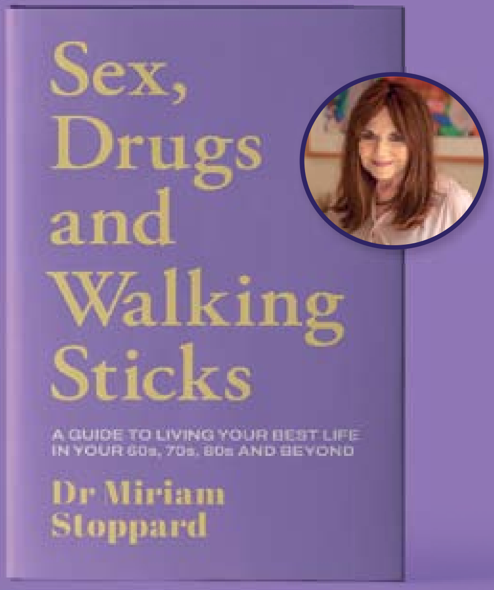
Sex, Drugs and Walking Sticks

by Dr Miriam Stoppard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Dr Miriam Stoppard

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SCAN ME

RUSSELL GRANT

ELLEN DeGENERES
Born on this day, 1958

♈ ARIES MARCH 21-APRIL 20

Today's agenda will focus on the activities of those around you. You might begin the day intending to make a start on some personal business, but when you realise another person's needs are more pressing than your own, you will feel content to pause your efforts and offer them assistance. Embracing this shift may deepen your connections.

For more call **0905 789 4171**
(80p/min + network access charge)

♉ TAURUS APRIL 21-MAY 21

Projects will link work with play. A workmate will put some intriguing ideas your way. An invitation to a group, seminar or community gathering will put you in touch with like-minded people. A business lunch will carry romantic undertones, but do you want to mix business with pleasure? Perhaps this is the spark you need to ignite new possibilities.

For more call **0905 789 4172**
(80p/min + network access charge)

♊ GEMINI MAY 22-JUNE 21

A friend who has been uncooperative will suddenly suggest lending you a hand. You find it hard to shake off the suspicion of an ulterior motive, but once you work out they are trying to make amends for their past unkindness, you will be glad of their support. This could lead to a deeper understanding and a bond that has been strained for too long.

For more call **0905 789 4173**
(80p/min + network access charge)

♋ CANCER JUNE 22-JULY 23

If you didn't get a good night's sleep last night, it could be due to a recent event in your thoughts. You're trying to understand why a friend, workmate or relative said something that didn't quite add up at the time. Consider gently probing for clarity; a little curiosity might reveal surprising insights that deepen your connection.

For more call **0905 789 4174**
(80p/min + network access charge)

♌ LEO JULY 24-AUG 23

Someone from your past will be in touch with a proposal that you start again where you last left off. Looking back on this relationship, it was stormy, but it had its fun moments. As memories flood back, consider what you've learned since then. When it comes to events from the past, ask yourself: do you want to go through something similar again?

For more call **0905 789 4175**
(80p/min + network access charge)

♍ VIRGO AUG 24-SEPT 23

A senior member of your family will help you successfully tackle an issue early on. Even if it's simply due to them being there when you need someone to chat with, their words will guide you to making the right decisions. As the conversation unfolds, you may find unexpected insights illuminating your path. Be sure to express your gratitude.

For more call **0905 789 4176**
(80p/min + network access charge)

♎ LIBRA SEPT 24-OCT 23

Even if an event has been planned ahead of time, unforeseen circumstances will arise that mean you will have to make some changes. A workmate you have joined forces with is not in the best of moods. You feel like you have to take on all the decision-making for them. Trust that finding creative solutions could pave the way for a stronger partnership.

For more call **0905 789 4177**
(80p/min + network access charge)

♏ SCORPIO OCT 24-NOV 22

Your partner or someone who is equally as close seems considerate and thoughtful. You will find them to be a solid support when you need someone to rely on. It could be helpful to share some of your thoughts. As you open up, you may uncover deeper connections that will enhance your bond. Embrace this opportunity to strengthen your relationship.

For more call **0905 789 4178**
(80p/min + network access charge)

♐ SAGITTARIUS NOV 23-DEC 21

Relationships feel strained and this could be a stressful time as you work to meet a deadline. A project isn't going as you had hoped. If someone fails to keep a promise, this will complicate matters even further. In a project that seems to be dragging on, you will do all you can to ensure it gets completed as soon as possible. Embrace the challenge.

For more call **0905 789 4179**
(80p/min + network access charge)

♑ CAPRICORN DEC 22-JAN 20

Recent attempts to increase your income have been successful and these are now showing signs of slowing down. This is due to someone else having jumped on that same band wagon. You now have to think of strategies for dealing with competition. Spend some time with creative friends – their imaginative ideas will inspire you.

For more call **0905 789 4180**
(80p/min + network access charge)

♒ AQUARIUS JAN 21-FEB 19

A friend or relative will influence your thoughts without you realising. Someone will casually bring up a topic or share a few ideas that trigger your own reactions. This will prompt you to consider making changes in your life and though inspired by others, these will be for the better. Embrace this insight, as it may lead you down a path of personal growth.

For more call **0905 789 4181**
(80p/min + network access charge)

♓ PISCES FEB 20-MARCH 20

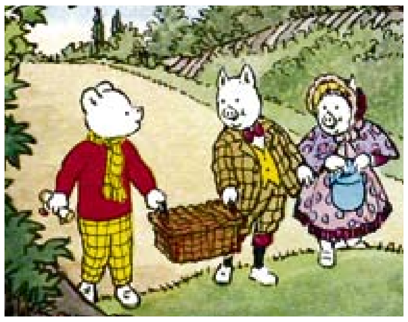
You feel fragile and on edge. This isn't an ideal time to make important decisions. You can't get a minute to yourself when you are constantly surrounded by people or your phone never stops ringing. You could do with some time alone. Discovering a quiet space, even for a brief moment, could help you regain a sense of calm and clarity.

For more call **0905 789 4182**
(80p/min + network access charge)

Calls cost 80p per minute plus your telephone company's network access charge – maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission. Service provider Spoke. Helpline 0333 202 3390

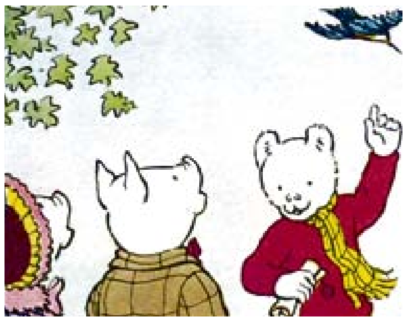
NUTWOOD TALES

RUPERT AND THE PENGUINS No.23



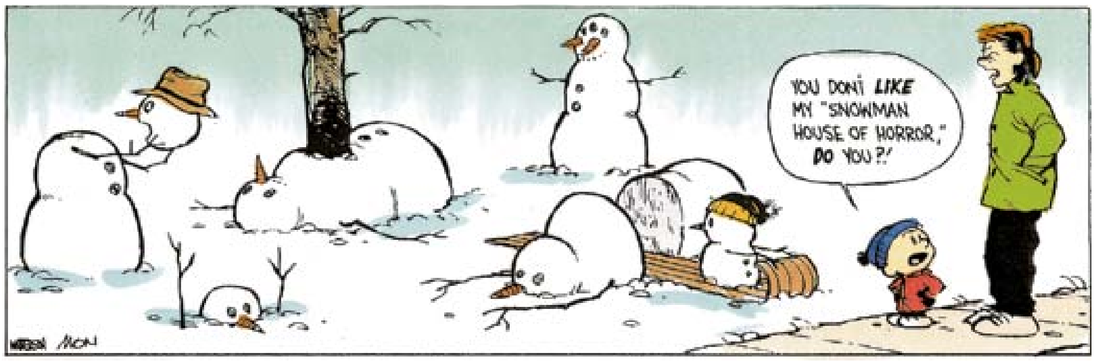
Rupert explains about the scroll
As down towards the pool they stroll.

"I've found three royal names – here's one,
The kingfisher. His task is done!"

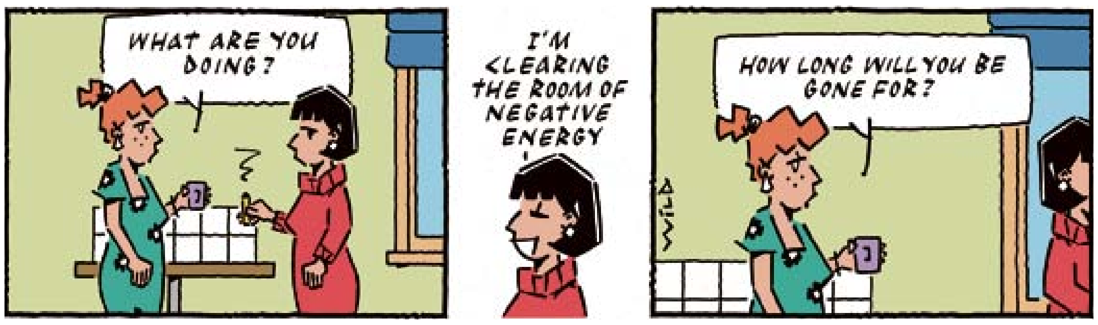


Rupert tells Podgy and Rosalie more of the story. Eager to see the penguins, the cousins decide to take their picnic to the pool. "King Penguin insists on having four visitors with royal names," Rupert explains. "My kingcups, then the kingfisher and the queen bee make three. We need one more." At that moment a bird flies overhead. "There's the kingfisher. It must be on its way back from King Penguin. I hope the queen bee gets there too."

CALVIN AND HOBBES
BILL WATTERSON


YOU DON'T LIKE MY "SNOWMAN HOUSE OF HORROR," DO YOU?!
WATERSON

FAITH, HOPE AND SUE
LISA WILD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I'M CLEARING THE ROOM OF NEGATIVE ENERGY
HOW LONG WILL YOU BE GONE FOR?
WILD

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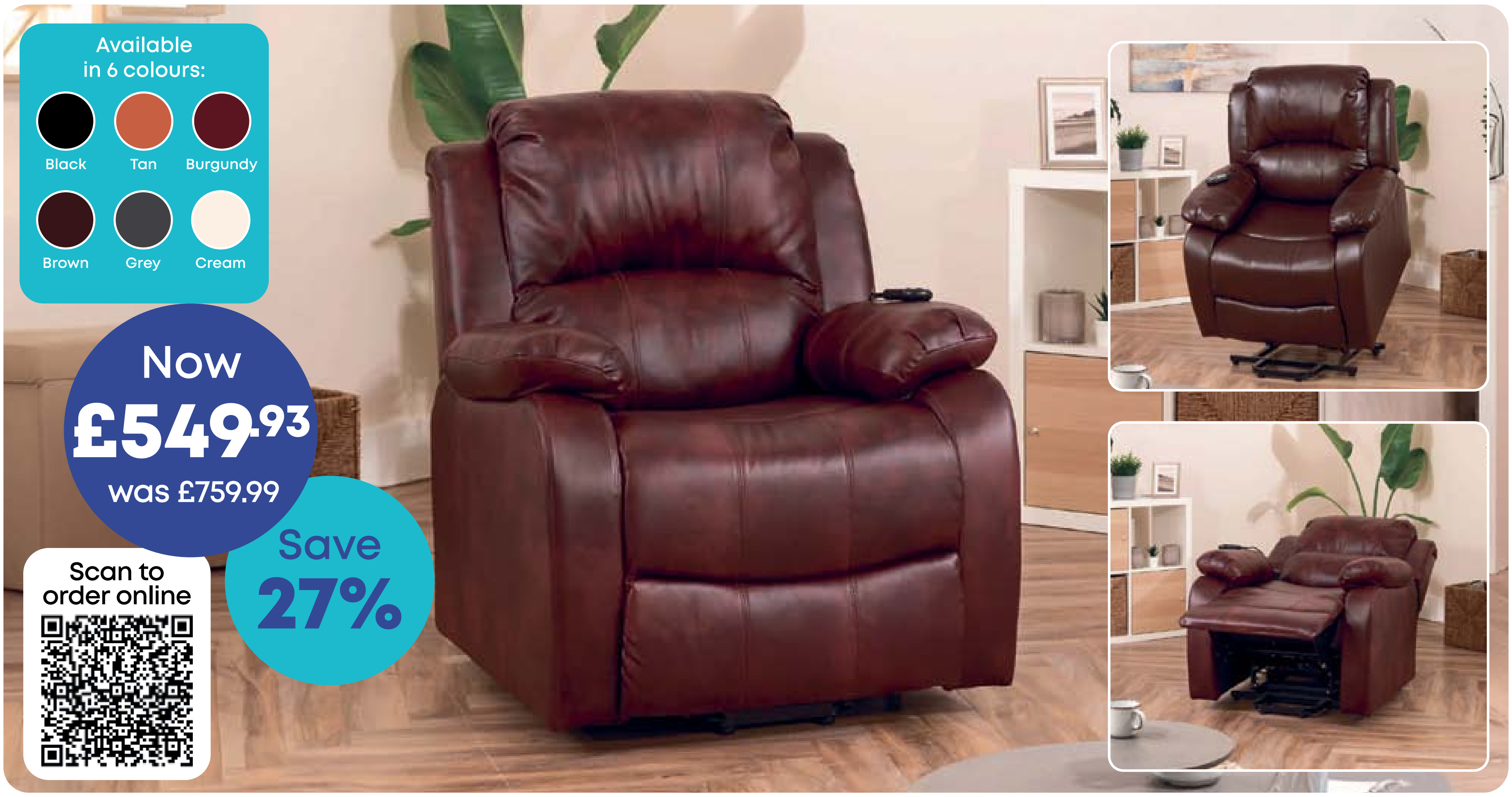

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Racing

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LONG ROAD AHEAD FOR INJURED GINO

By **David Yates**

SIR GINO faces "a long journey" back from the double fracture to his pelvis sustained at Cheltenham on Saturday – but has "every chance" of making a good recovery.

The Nicky Henderson-trained star suffered a first career defeat when pulled up abruptly by Nico de Boinville after the third-last flight of the Unibet Hurdle, for which he started the 2-5 favourite.

Henderson, right, confirmed on Saturday night that the Joe and Marie Donnelly-owned six-year-old, who was taken from the racecourse to the Three Counties Equine Hospital in Tewkesbury, had suffered a pelvic fracture.

And yesterday the Seven Barrows trainer reported Sir Gino, the 5-4 favourite for Cheltenham's Champion Hurdle at the start of trading on Saturday, to be "bright" after "a reasonably comfortable" night.

"I've spoken with the veterinaries and they're happy he had a reasonably comfortable night," said Henderson.

"They can see where the fractures are – there are two fracture lines – and they are doing more scans and X-rays today. He looks bright, the poor boy, but he spent most of last year in hospital, so at least he knows what one looks like."

Henderson ruled Sir Gino, right, out of the remainder of the 2025-26 campaign, but hasn't given up hope the gelding could make a return to the track.

"It's going to be a long journey, but there's every chance he could make a good recovery," he added.

"If he can come back he will and, if he can't, he'll be looked after forever.

"It will be months and months before we know where we are or have any prognosis."

Olly's charge Good to go at Plumpton

By **The Scout**

GOOD TO BE ALIVE (2.50 nap) can give punters plenty to smile about in the Southern Cranes Handicap Hurdle over an extended 2m4f at Plumpton today.

A winner first time out over hurdles when trained by Gordon Elliott, the five-year-old didn't kick on in two subsequent runs before moving to Olly Murphy's, right, yard two months ago.

Two fine efforts since, the latest at Hereford 37 days ago when second to Came From Nowhere – who stepped up in class to win at Ascot on his latest run – confirms he can return to winning ways.

At Hereford, DRACO MALFOY (2.00, trb) looks the pick of the card.

A winner of his hurdling debut, the six-year-old improved in defeat 28 days ago with a silver medal at Doncaster under a penalty.

WATCHDOG (5.00, nb) still had plenty in the locker when beating Grey Horizon at Newcastle last time and can confirm placings despite a 9lb rise at Wolverhampton.

WOLVERHAMPTON SKYSPORTSRACING

THE SCOUT

3.55 He's An Angel	6.30 Toussarok
4.25 Vitalline	7.00 Tortured Soul
5.00 WATCHDOG (nb)	7.30 Welljudged
5.30 Mister Moet	8.00 Desiderata
6.00 Chantelle	

3.55 MOVE TO MIDNITE HANDICAP (DIV 1)
£4,711 (Class 6) 6f 20yds (11 declared)

No (Draw)	Form	Horse, trainer, age, weight	Jockey	Rating
1 (8)	003-941	**MASTER DANDY (7) (C,D,F)** Michael Keady 6 9-11(5ex)	**B Loughnane**	62
2 (9)	LL/493-5	● **HE'S AN ANGEL (13) (C&D)** K Frost 6 9-9	**O Stammers**	65
3 (2)	5L84-25	**COURT OF SESSION (13)** P McEntee 7 9-8	**Rossa Ryan**	65
4 (10)	L61648-	**KOJI (139) (C&D)** N Wilson 5 9-8	**S B Kirrane**	66
5 (11)	228524-	**RAIN CAP (56) (D)** J Riches 9 9-6	**Doubtful**	64
6 (1)	4469-13	**EAST TYRONE (9) (C&D,F)** P Kirby 4 9-5	**C Hardie**	61
7 (3)	3667-53	**UP THE MONK (15) (D)** M Appleby 4 9-4	**A Rawlinson**	58
8 (4)	L4L-	**OPTIMISTIC (44)** D Shaw 4 9-3	**F McManoman**	57
9 (5)	867-2LL	**TOMMYTWOHOOTS (10) (C&D)** S A Harris 8 9-0	**L Edmunds**	★67
10 (7)	8790-86	**BERNIE THE BEAR (6) (C&D) (T)** Miss L Perratt 6 9-0	**Kaiya Fraser**	50
11 (6)	04006-L	**COAST (20) (C&D)** S Dixon 7 9-0	**K O'Neill**	54

BLINKERS: Nos. 1, 6, 11 VISOR: Nos. 3, 5, 8 TONGUE STRAP: No. 1 CHEEK PIECES: Nos. 7, 10.

SP FORECAST: 2 Master Dandy, 7-2 East Tyrone, 4 Up The Monk, 7 Koji, 10 Court Of Session, He's An Angel, 25 Others.

2025: Collusion 4-9-7, Rhys Clutterbuck 10-1 (D Cunha), drawn (6), 10 ran.

4.25 MOVE TO MIDNITE HANDICAP (DIV 2)
£4,711 (6) 6f 20yds (10)

No (Draw)	Form	Horse, trainer, age, weight	Jockey	Rating
1 (1)	LL/317L-	**BIG GYPSY KING (J99)** J Moffatt 4 9-9	**J Nicholls(5)**	62
2 (5)	LLL1-41	**OKAMI (17) (D)** P Midgley 6 9-9	**O McSweeney**	63
3 (4)	163L3-2	**NORDIC GLORY (10) (C&D)** M Attwater 7 9-8	**R Kavanagh(5)**	★67
4 (2)	69134-8	**GILT EDGE (10) (C&D)** C Mason 10 9-7	**G Mangan**	65
5 (8)	009-531	**PORFIN (9) (C&D,F)** P McEntee 8 9-6	**C Planas(3)**	63
6 (10)	LL8L1-L	**DEVILWALA (10) (C&D)** D Shaw 8 9-4	**L Edmunds**	65
7 (3)	5415-23	● **VITALLINE (11) (D)** Kieran Burke 8 9-3	**T Heard**	66
8 (7)	03016-6	**LADY BOUQUET (20) (C&D)** P Kirby 5 9-3	**A Brookes(3)**	64
9 (6)	274088-	**RED WALLS (49) (C&D)** L Williamson 8 9-0	**J Mitchell**	59
10 (9)	578L-35	**SISTERS IN THE SKY (3) (C&D)** G Harris 7 9-0	**F Marsh**	60

VISOR: Nos. 6, 7 TONGUE STRAP: No. 7 CHEEK PIECES: Nos. 1, 4, 5, 8, 10.

SP FORECAST: 2 Porfin, 4 Okami, Nordic Glory, 5 Vitalline, 10 Gilt Edge, 12 Big Gypsy King, 16 Sisters In The Sky, 25 Lady Bouquet, 33 Others.

2025: Collusion 4-9-7, Rhys Clutterbuck 10-1 (D Cunha), drawn (6), 10 ran.

TRACK FACTS: GOING: Standard. Left Handed. **TOP TRACK JOCKEY (2021-26):** Rossa Ryan 21% Strike rate. **TOP TRACK TRAINER (2021-26):** A Carroll 9% Strike rate. **FIRST TIME:** 3.55 Optimistic (visor), 4.25 Lady Bouquet (cheek pieces), Big Gypsy King (cheek pieces), 5.00 Alfa Duplicate (wind surgery), Berlinetta (tongue strap), 5.30 Hello It's Me (visor), Mighty Vega (cheek pieces, tongue strap), Yachtsman (hood), 6.30 Maid In Chelsea (visor), Blue Eclipse (visor), 7.00 Monty Beau (cheek pieces). **BEATEN FAVOURITES:** 6.30 Toussarok(hcp). 7.00 Rhythm N Rock(hcp). 7.30 Welljudged. 8.00 Knight Of Magic. **DRAW:** Little effect. **LONGEST TRAVELLER: Bernie The Bear** (3.55) & **Starliner** (7.00) 275 miles.

5.00 BETMGM.CO.UK HANDICAP (DIV 1) 3YO
£3,716 (5) 6f 20yds (9)

No (Draw)	Form	Horse, trainer, weight	Jockey	Rating
1 (6)	365-4	**KING OF CHAOS (16)** D Cunha 9-9	**L Morris**	73
2 (7)	951-	**JAMIE SOMMERS (27) (C)** D Loughnane 9-9	**Rossa Ryan**	69
3 (8)	7123-11	**GREY HORIZON (14) (C&D)** S Dixon 9-7	**K O'Neill**	73
4 (3)	653-L	**BERLINETTA (20)** W Haggas 9-6	**J Hart**	71
5 (2)	08167L-	**RUNAMARA (95) (D)** J & R Flint 9-5	**W Carson**	73
6 (4)	44452-5	**CREDIT FORGEDD IT (23)** R Hannon 9-4	**S M Levey**	75
7 (5)	458621-	● **WATCHDOG (38) (D,F)** R Fahey 9-4	**D Nolan**	★76
8 (9)	572-	**ALFA DUPLICATE (217)** I Furtado 9-2	**B Loughnane**	72
9 (1)	6460-5	**FAITHFUL DREAM (14)** M Appleby 8-10	**H Davies**	69

VISOR: No. 3 TONGUE STRAP: No. 4.

SP FORECAST: 5-2 Jamie Sommers, 3 Watchdog, Grey Horizon, 10 King Of Chaos, 12 Credit Forgedd It, Alfa Duplicate, 14 Berlinetta, 16 Faithful Dream, 25 Runamara.

5.30 BETMGM.CO.UK HANDICAP (DIV 2) 3YO
£3,716 (5) 6f 20yds (8)

No (Draw)	Form	Horse, trainer, weight	Jockey	Rating
1 (6)	50165-4	**MIGHTY VEGA (7) (D)** Lemos Souza 9-9	**G Wood**	73
2 (2)	527-	**WHIZZY DIZZY (44)** C Cox 9-8	**Rossa Ryan**	70
3 (8)	3L4L52-	**MORETONS (112) (F)** G Scott 9-6	**C Shepherd**	73
4 (4)	4785-	**YACHTSMAN (161)** Jack Morland 9-6	**D Muscutt**	74
5 (1)	332L-4	**NALA'S DREAM (20)** R Fahey 9-5	**D Nolan**	★76
6 (3)	3L3L-	**HELLO IT'S ME (68)** H Palmer 9-4	**J Hart**	73
7 (7)	179246-	**CORNICHE GIRL (42) (D)** R Hannon 9-2	**S M Levey**	75
8 (5)	784L2-2	● **MISTER MOET (5) (D)** S Dixon 8-13	**K O'Neill**	71

VISOR: No. 6 TONGUE STRAP: Nos. 1, 3 CHEEK PIECES: Nos. 1, 3, 8 HOOD: No. 4.

SP FORECAST: 5-2 Moretons, 4 Yachtsman, Whizzy Dizzy, 6 Mighty Vega, 7 Mister Moet, 12 Corniche Girl, 14 Hello It's Me, Nala's Dream.

6.00 BETMGM FILLIES' NOVICE STAKES
£5,400 (4) 7f 36yds (8)

No (Draw)	Form	Horse, trainer, age, weight	Jockey	Rating
1 (6)	L-L	**MISS HELENA (14)** M Mullineaux 4 10-2	**F McManoman**	13
2 (5)	1-	● **CHANTELLE (27) (C&D)** Sir M Prescott 3 9-3	**L Morris**	62
3 (4)	0-L	**ADA ROSE (12)** K P De Foy 3 8-12	**R Scott**	44
4 (2)	70-	**CARI BAY (82)** R Hannon 3 8-12	**A Voikhansky**	38
5 (1)		**DENVER DOLL (F)** S & E Crisford 3 8-12	**H Davies**	–
6 (7)	3-	**FAFFS GOLD (27)** Mrs I G-Leveque 3 8-12	**T Heard**	57
7 (8)	22-	**GET AN ATTITUDE (30)** K R Burke 3 8-12	**P-L Jamin**	★65
8 (3)	9-4	**UTHOOBA (19)** M Tregoning 3 8-12	**B Loughnane**	58

TONGUE STRAP: No. 8.

SP FORECAST: 7-4 Denver Doll, 2 Chantelle, 4 Get An Attitude, 5 Faffs Gold, 14 Uthooba, 50 Cari Bay, Ada Rose, 500 Miss Helena.

2025: Dance In The Storm 3-8-12, Callum Hutchinson 8-11 Fav (A Balding), drawn (1), 8 ran.

6.30 ALWAYS GAMBLE RESPONSIBLY HANDICAP
£3,140 (6) 7f 36yds (12)

No (Draw)	Form	Horse, trainer, age, weight	Jockey	Rating
1 (1)	59339L-	**RENEWABLE DREAM (28)** S Spencer 4 9-9	**G Sanna(5)**	76
2 (9)	237L1-8	**OTTAWA (13)** J Parr 4 9-9	**Rossa Ryan**	73
3 (8)	5126-76	**LESSAY (13) (C&D)** P Morris 5 9-9	**P Bradley**	75
4 (6)	2/10900-	**PICKERSGILL (98) (T)** I Jardine 4 9-9	**A Mullen**	69
5 (12)	58L/L1-2	**LANDLORDTOTHESTARS (24) (C&D)** H Evans 6 9-8	**S M Levey**	74
6 (4)	76365-5	**ENPASSANT (22) (D)** M Herrington 5 9-7	**J Mitchell**	★77
7 (10)	72302-4	**YEHUDI (20)** M Loughnane 4 9-6	**B Loughnane**	73
8 (2)	L536-22	**MAID IN CHELSEA (12) (C,F)** E J-Houghton 5 9-6	**C Bishop**	74
9 (11)	80074-L	**BLUE ECLIPSE (11) (D)** J Tate 4 9-5	**H Crouch**	75
10 (5)	L741L-L	**HARBOUR VISION (14) (C&D)** S Dixon 11 9-4	**K O'Neill**	74
11 (7)	15L7-69	**ADELAIDE BAY (14) (C&D)** T Faulkner 4 9-4	**S Donohoe**	64
12 (3)	1L502-2	● **TOUSSAROK (23) (C&D)** A Carroll 8 9-4	**L Morris**	73

BLINKERS: Nos. 7, 10 VISOR: Nos. 8, 9 TONGUE STRAP: Nos. 2, 7 CHEEK PIECES: No. 2.

SP FORECAST: 3 Toussarok, 7-2 Maid In Chelsea, 9-2 Landlordtothestars, 13-2 Yehudi, 10 Enpassant, Blue Eclipse, 14 Pickersgill, Lessay, 20 Others.

7.00 MIDNITE A NEXT GENERATION APP HANDICAP
£3,716 (5) 1m 1f 104yds (10)

No (Draw)	Form	Horse, trainer, age, weight	Jockey	Rating
1 (10)	2231-3	**MONTY BEAU (11) (C&D)** H Palmer 5 9-12	**J Hart**	80
2 (1)	763-621	**EUPATOR (3) (C&D)** R Hannon 4 9-12(5ex)	**S M Levey**	★81
3 (6)	6300LL-	**GREAT BLASKET (26) (C&D)** Dr R Newland & J Insole 6 9-11	**L Morris**	73
4 (9)	09251-2	**OMAN (11) (C&D)** A Carroll 8 9-9	**Jason Watson**	79
5 (2)	7361-15	● **TORTURED SOUL (16) (C)** A Carroll 6 9-9	**Rossa Ryan**	78
6 (8)	058LLL-	**EAGLE DAY (62) (C&D)** P Evans 6 9-8	**B Loughnane**	67
7 (4)	809042-	**RHYTHM N ROCK (40)** J Butler 8 9-7	**S D Bowen**	79
8 (7)	5716-25	**GOLSPIE (6)** P Morris 6 9-5	**D Nolan**	79
9 (5)	7152L7-	**MOBY QUICK (42)** P Evans 4 9-5	**P Cosgrave**	79
10 (3)	L3677-3	**STARLINER (16) (D) (T)** Miss L Perratt 5 9-4	**Kaiya Fraser**	78

BLINKERS: Nos. 2, 3 CHEEK PIECES: No. 1.

SP FORECAST: 13-8 Eupator, 5 Rhythm N Rock, 13-2 Monty Beau, 8 Golspie, Oman, 10 Tortured Soul, 12 Starliner, 14 Eagle Day, 20 Others.

2025: Bearaway 7-9-8, Paddy Bradley 7-2 (S Pearce), drawn (2), 9 ran.

7.30 SAFER GAMBLING FILLIES' HANDICAP
£3,716 (5) 1m 142yds (6)

No (Draw)	Form	Horse, trainer, age, weight	Jockey	Rating
1 (1)	05813-3	**CARAMAY (20) (C&D)** W Muir & C Grassick 6 9-9	**L Edmunds**	80
2 (3)	423-834	**DONNA NOOK (10) (F)** D O'Meara 4 9-8	**Jason Watson**	80
3 (5)	232-	● **WELLJUDGED (65)** R Varian 4 9-7	**Rossa Ryan**	74
4 (2)	31125-4	**ELECTRIC AVENUE (17)** I Furtado 6 9-7	**J Hart**	★82
5 (4)	22448-L	**TOP OF THE CLASS (19)** M Loughnane 6 9-5	**B Loughnane**	76
6 (6)	434154-	**PENELOPE VALENTINE (26) (C)** James Owen 4 9-4	**L Morris**	81

VISOR: Nos. 2, 6 TONGUE STRAP: No. 4 CHEEK PIECES: Nos. 1, 4, 5.

SP FORECAST: 7-4 Welljudged, 3 Caramay, 9-2 Donna Nook, 5 Penelope Valentine, 6 Electric Avenue, 50 Top Of The Class.

2025: Gaiety Musical 4-9-6, Richard Kingscote 11-10 Fav (P Evans), drawn (3), 5 ran.

8.00 MIDNITE: BUILT FOR 2026 CLASSIFIED STAKES
£3,140 (6) 1m 4f 51yds (12)

No (Draw)	Form	Horse, trainer, age, weight	Jockey	Rating
1 (6)	733944/	**BIGZ BELIEF (J9)** F O'Brien 9 9-9	**G Mangan**	–
2 (4)	74048-4	**BLOODHOUND (18)** S Lycett 6 9-9	**C Bishop**	58
3 (10)	3678-42	● **DESIDERATA (14) (C)** T Faulkner 6 9-9	**F Marsh**	54
4 (12)	8135-76	**ENDOFASTORM (5) (C&D)** Joe Ponting 7 9-9	**K O'Neill**	51
5 (7)	252-316	**KNIGHT OF MAGIC (15)** James Owen 7 9-9	**L Morris**	★61
6 (11)	L08-285	**LAWMANS BLIS (10) (C&D)** S A Harris 8 9-9	**L Edmunds**	55
7 (1)	20255-2	**PRINCE HECTOR (15) (C&D,F)** J Bedi 8 9-9	**T Kiely-Marshall(5)**	55
8 (5)	79575-8	**STARFIGHTER (10) (C&D)** M Loughnane 10 9-9	**B Loughnane**	59
9 (8)	494LL-2	**DANCING BAY (10)** J Candlish 4 9-6	**G Wood**	55
10 (9)	29902-6	**GOOD SHOT (20) (F)** A Balding 4 9-6	**Charlie Tucker(7)**	55
11 (2)	988L06-	**NAKATOMI (63)** A Brown 4 9-6	**S B Kirrane**	51
12 (3)	443L4L-	**ROSSO LEVANTO (J46)** G Hanmer 4 9-6	**J Peate**	57

BLINKERS: No. 11 VISOR: No. 1 TONGUE STRAP: Nos. 2, 5 CHEEK PIECES: Nos. 4, 7 HOOD: No. 5.

SP FORECAST: 9-4 Knight Of Magic, 4 Prince Hector, 5 Desiderata, 7 Dancing Bay, 12 Bloodhound, 14 Lawmans Blis, Starfighter, Bigz Belief, Endofastorm, 16 Others.

GOSSIP FROM THE GALLOPS

Lambourn: **EUPATOR** (7.00 Wolverhampton)	**Midlands:** **GOOD TO BE ALIVE** (2.50 Plumpton)
Newmarket: **KNIGHT OF MAGIC** (8.00 Wolverhampton)	**West:** **ROYAL MER** (3.00 Hereford)

SEDGEFIELD: Good to soft-good in places

1.40—LARGY TRAIN (C Maggs, 11-2) 1; Huit Reflets (6-4 fav) 2; Rehill Relic (10-3) 3. H'cap 5 ran. ¾l, 1¼l. (H Hogarth). Tote: £6.50; pl £1.80, £1.50. exacta: £13.40. trifecta: £42.50. CSF: £14.93. Non-runner: Cudgel.

2.10—ROSIE BALOO (J Hamilton, 11-4 2nd fav) 1; La Zoubida (4-6 fav) 2; Laffer Curve (5-1) 3. 5 ran. 4¾l, 19l. (T Easterby). Tote: £3.75; pl £1.40, £1.10. exacta: £5.90. trifecta: £11.60. CSF: £5.33.

2.40—KAZAR FOREZ (B Hughes, 5-6 fav) 1; The Coffey Boy (4-1 2nd fav) 2; Expelliarmus (13-2) 3. H'cap 7 ran. 12l, 2l. (M Hammond). Tote: £1.84; pl £1.10, £2.00. exacta: £5.40. trifecta: £18.60. CSF: £4.91.

3.10—INDIAN RIVER (B Hughes, 4-6 fav) 1; Chase A Fortune (9-2 2nd fav) 2; Inca Prince (11-2) 3. H'cap 7 ran. 2l, 2¾l. (A Keatley). Tote: £1.67; pl £1.10, £2.00. exacta: £4.70. trifecta: £20.60. CSF: £4.54.

3.40—SLANEY OPERA (J Hamilton, 7-1) 1; Delgany Deadline (7-2 fav) 2; Scottish King (8-1) 3. H'cap 11 ran. 1l, 1¼l. (Ruth Jefferson). Tote: £8.00; pl £2.50, £1.80, £2.90. exacta: £29.10. tricast: £207.89. trifecta: £226.40. CSF: £33.32.

4.10—NATIONAL QUESTION (J Thompson, 16-5 jt 2nd fav) 1; Nellie Bluesky (14-1) 2; Secret Vino (16-5 jt 2nd fav) 3. H'cap 6 ran. hd, ½l. (A Nicol; 11-4 fav Kaviar Wood). Tote: £4.20; pl £2.00, £4.40. exacta: £40.00. trifecta: £140.30. CSF: £38.79. Non-runner: Kates Choice.

RESULTS

Placepot: £24.40

(Race 1) 2, 5; (2) 4, 1; (3) 2, 5; (4) 5, 2; (5) 2, 9, 4; (6) 7, 3.

Quadpot: £9.40

NAAS: Heavy

12.55—KAI LUNG (D Mullins, 6-1) 1; Lynches Knock (7-2 2nd fav) 2; Saratoga (4-1) 3. 12 ran. 2l, ¾l. (W P Mullins; evens fav Mon Creuset). Tote: €7.00; pl €2.10, €1.40, €1.70. exacta: €27.40. trifecta: €89.70. CSF: €29.42. Non-runner: Hunting Gold.

1.25—GLEN KILN (B Hayes, 4-1 2nd fav) 1; Karbau (evens fav) 2; Farren Glory (10-1) 3. 7 ran. 1l, 6½l. (D H Kelly). Tote: €5.00; pl €1.80, €1.20. exacta: €9.50. tricast: €34.14. trifecta: €39.40. CSF: €8.43. Non-runner: Bacchanalian.

1.55—SHUTTLE DIPLOMACY (D King, 11-4 2nd fav) 1; Arcadian Emperor (2-1 fav) 2; Le Roi Du Livet (100-1) 3; Kilgame (5-1) 4. 16 ran. 4¼l, 8½l, ½l. (T Cooper). Tote: €3.75; pl €1.40, €1.20, €13.90. exacta: €11.40. trifecta: €692.70. CSF: €9.58.

2.25—MATT CONNOR (K M Donoghue, 14-1) 1; Peaceinthevalley (6-1) 2; Rebel Gold (9-2 2nd fav) 3. H'cap 13 ran. 6½l, 13l. (J P Dempsey; 10-3 fav Doctor Churchill). Tote: €15.00; pl €3.50, €2.20, €1.70. exacta: €150.90. tricast: €457.05. trifecta: €810.60. CSF: €101.60.

2.55—LOVE SIGN D'AUNOU (Mr P W Mullins, 5-4 fav) 1; Largy Star (2-1 2nd fav) 2; Touch The Clouds (8-1) 3. 10 ran. 24l, 2½l. (W P Mullins). Tote: €2.25; pl €1.10, €1.10, €1.80. exacta: €4.90. trifecta: €22.10. CSF: €4.00.

3.25—ARGENTO BOY (P Townend, 5-2 fav) 1; Bossofthebrownies (15-2) 2; The Enabler (9-1) 3. 8 ran. 2½l, 13l. (W P Mullins). Tote: €3.50; pl €1.40, €2.10, €1.60. exacta: €19.50. tricast: €146.80. trifecta: €186.50. CSF: €22.22.

3.55—RUSHEEN (P T Enright, 28-1) 1; Three In A Row (9-2 2nd fav) 2; Goraibhmaithagat (12-1) 3. H'cap 11 ran. 4l, 2½l. (T O'Brien; 7-2 fav Bridie's Beau). Tote: €29.00; pl €6.30, €1.50, €3.60. exacta: €145.90. tricast: €1650.52. trifecta: €3203.40. CSF: €161.25.

Placepot: €54.10

(Race 1) 4, 5, 10; (2) 4, 5; (3) 11, 1, 6; (4) 5, 10, 8; (5) 4, 3, 5; (6) 2, 4, 7;

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THE SCOUT

1.20 Catch On Me
1.50 Reteti
2.20 Superstylin
2.50 GOOD TO BE ALIVE (nap)
3.20 Keppel Queen
3.50 Shantou Lucky
4.20 Frank Stamper

1.20 HOWDEN MAIDEN HURDLE £5,446 (4)2m 4f 116yds (8 declared)

1 3L4 **ALAN BRESIL (44)** Nick Scholfield 6 11 6 .... **H Reed**
2 9 **BLAZING SAINT (47)(T)** Christian Williams 5 11 6 .... **J Tudor**
3 7-33 ● **CATCH ON ME (26)** V Williams 6 11 6 .... **C Deutsch**
4 8 **HIALEAH (69)** Miss S West 6 11 6 .... **M Goldstein**
5 6/2-L **LIRONE DU SEUIL (72)** D Skelton 5 11 6 .... **T Durrell**
6 32-3 **QUAY ITEM (59)** N Henderson 6 11 6 .... **N De Boinville**
7 U41 **LOLA DE MAGNY (50)** A Irvine 5 10 13 .... **C Quinn**
8 60 **WILLSHEBE COURT (42)** N Gifford 6 10 13 .... **J M Davies**

TONGUE STRAP: No. 8 CHEEK PIECES: No. 1.

W-Factor: Catch On Me (119); Quay Item (115); Alan Bresil (112).

SP FORECAST: 13-8 Catch On Me, 7-4 Quay Item, 4 Alan Bresil, 10 Lirone Du Seuil, Lola De Magny, 50 Willshebe Court, Blazing Saint, 100 Hialeah.

1.50 JIMMY JAMES 90TH NOVICES' HURDLE £5,446 (4)1m 7f 195yds (9)

1 416 **AMBIENTE FRIENDLY (35) (D)** James Owen 5 11 12 **A Chadwick(3)**
2 21R **LOOPING D'ARC (14) (D)** W Greatrex 5 11 12 .... **J Bowen**
3 42-P **BACK ON TRACK (46)** Mrs L Hill 6 11 5 .... **Sean Houlihan**
4 242 **EDDIE MY EAGLE (52)** Dan Horsford 6 11 5 .... **P Armson(3)**
5 646 **GOLDEN PRINCE (27)(T)** Christian Williams 5 11 5 .... **J Tudor**
6 F-95 **LAND OF PUNT (62)** T Lacey 5 11 5 .... **S Sheppard**
7 L42 ● **RETETI (42)** Miss S West 6 11 5 .... **M Goldstein**
8 **CANOPUS (F103)** G & J Moore 4 10 6 .... **C Quinn**
9 7 **NORTHWEST PASSAGE (40)** R Teal 4 10 6 .... **J M Davies**

HOOD: Nos. 1, 4, 7.

SOFT/HEAVY WINNERS: Nos. 1.

W-Factor: Ambiente Friendly (117); Looping D'arc (112); Eddie My Eagle (111).

SP FORECAST: 5-2 Ambiente Friendly, 3 Looping D'arc, 5 Reteti, 13-2 Northwest Passage, 7 Canopus, Eddie My Eagle, 16 Golden Prince, 25 Land Of Punt, 150 Back On Track.

2.20 SOUTHERN CRANES HANDICAP CHASE £4,225 (5)2m 219yds (5)

1 321 ● **SUPERSTYLIN (31) (D)** C Gordon 9 12 0 .... **F Gordon**
2 48L **KNOWN WARRIOR (36)** R Bandey 6 11 13 .... **H Bannister**
3 2-44 **SANITISER (62)** G & J Moore 7 11 12 .... **F Mitchell(3)**
4 4/P-3 **APPLICATIONOFCASH (35)(T)** D Brace 8 11 7 .... **L Harrison**
5 13F **SEA THRIFT (39)** Daisy Hitchins 7 11 0 .... **R David(7)**

BLINKERS: No. 3 TONGUE STRAP: Nos. 1, 4.

W-Factor: Sanitiser (104); Superstylin (102); Applicationofcash (91).

SP FORECAST: 10-11 Superstylin, 7-2 Sanitiser, 4 Sea Thrift, 7 Applicationofcash, 25 Known Warrior.

TRACK FACTS: GOING: Soft. Left Handed. **TOP TRACK JOCKEY (2021-26):** Tom Cannon 25% Strike rate. **TOP TRACK TRAINER (2021-26):** C Gordon 22% Strike rate. **FIRST TIME:** 1.20 Alan Bresil (cheek pieces), 2.20 Sanitiser (blinkers), Known Warrior (wind surgery). **BEATEN FAVOURITES:** 1.20 Quay Item. 1.50 Looping D'arc. 2.50 Lucky Manifest(hcp hdl). 3.20 Keppel Queen(hcp ch), Tankardstown Diva(hcp ch). **LONGEST TRAVELLER: Patriotik** (2.50) & **Minella Blueway** (3.50) 280 miles. **STABLE SWITCH:** 1.20 **Lola De Magny** from Brian Lawless to A Irvine. 1.50 **Canopus** from E Walker to G & J Moore.

2.50 SOUTHERN CRANES HANDICAP HURDLE £12,582 (3)2m 4f 116yds (7)

1 526 **IKE SPORT (16)** N Mulholland 8 12 0 .... **B Harris(3)**
2 5-22 ● **GOOD TO BE ALIVE (37)** O Murphy 5 11 13 .... **S Bowen**
3 128 **LUCKY MANIFEST (45) (D)** T Lacey 6 11 10 .... **S Sheppard**
4 22-5 **THE FAMOUS FIVE (37)** V Williams 8 11 8 .... **C Deutsch**
5 57P **PRETENDING (8)** L Wadham 7 11 3 .... **T Cannon**
6 LL6 **PATRIOTIK (9)(T)** E Williams 7 11 2 .... **Isabel Williams**
7 157 **HE'S A LATCHICO (23)** G & J Moore 8 11 1 .... **T P Queally**

CHEEK PIECES: Nos. 5, 6 HOOD: No. 1.

SOFT/HEAVY WINNERS: Nos. 2, 4, 5, 6, 7.

W-Factor: Lucky Manifest (130); Good To Be Alive (129); Ike Sport (128).

SP FORECAST: 2 Good To Be Alive, 3 Lucky Manifest, 4 Ike Sport, 11-2 The Famous Five, 12 Pretending, 14 He's A Latchico, Patriotik.

3.20 MARES' HANDICAP HURDLE £5,281 (4)3m 217yds (5)

1 1-23 **GETAWAY THEATRE (26)** S Edmunds 8 11 11 .... **C Hammond**
2 12F **TANKARDSTOWN DIVA (36)** T Ellis 7 11 11 .... **J Andrews(3)**
3 4-61 **EITHER OR (45) (F)** N Henderson 8 11 9 .... **J Bowen**
4 21P ● **KEPPEL QUEEN (26)** O Murphy 7 11 5 .... **S Bowen**
5 533 **PIPERS CROSS (17) (D)** E Lavelle 9 11 2 **C Johnstone-Baker(10)**

TONGUE STRAP: Nos. 1, 3 CHEEK PIECES: Nos. 1, 4, 5.

SOFT/HEAVY WINNERS: Nos. 1, 3, 5.

W-Factor: Pipers Cross (115); Getaway Theatre (114); Either Or (113).

SP FORECAST: 2 Either Or, 7-2 Tankardstown Diva, Keppel Queen, 4 Getaway Theatre, 13-2 Pipers Cross.

3.50 TYSERS INSURANCE HANDICAP CHASE £5,809 (4)3m 1f 157yds (4)

1 P3F **MINELLA BLUEWAY (9)(T)** E Williams 8 11 11. **Isabel Williams**
2 42L ● **SHANTOU LUCKY (25) (C&D,F)** James Owen 9 11 10 **Nathan Howie(3)**
3 3-33 **GEORGES SAINT (26)** V Williams 10 11 4 .... **C Deutsch**
4 2-78 **LUMI PLUGIN (31)** G & J Moore 7 11 2 .... **C Quinn**

VISOR: No. 2 TONGUE STRAP: No. 2 CHEEK PIECES: No. 1.

SOFT/HEAVY WINNERS: Nos. 1, 2, 3.

W-Factor: Georges Saint (127); Minella Blueway (125); Shantou Lucky (123).

SP FORECAST: 15-8 Minella Blueway, 9-4 Georges Saint, 5-2 Shantou Lucky, 6 Lumi Plugin.

4.20 BENTSWOOD HUB HANDICAP HURDLE £3,829 (5)1m 7f 195yds (7)

1 3P6 **KILL THE GROOVE (42)** K Jewell 6 12 0 .... **T Cannon**
2 61-6 **OUR PAPA SMURF (49) (D)** G & J Moore 5 11 12 .... **C Quinn**
3 4-8P **DOTTIES STAR (65) (C&D)** P Phelan 7 11 6 .... **Sean Houlihan**
4 34 ● **FRANK STAMPER (16) (F)** W Greatrex 4 11 5 .... **J Bowen**
5 5L5 **EPHYRA (15)** A Irvine 5 11 3 .... **C Bament(7)**
6 F-37 **SUZY WOOD (56)** A Irvine 7 11 2 .... **F Mitchell(3)**
7 8LL **MASTER DUNRAVEN (26)** N Mulholland 6 11 0 .... **C O'Farrell**

TONGUE STRAP: No. 1 CHEEK PIECES: No. 2 HOOD: No. 4.

SOFT/HEAVY WINNERS: Nos. 3.

W-Factor: Frank Stamper (112); Dotties Star (102); Ephyra (97).

SP FORECAST: 11-8 Frank Stamper, 7-2 Our Papa Smurf, 6 Suzy Wood, 13-2 Ephyra, 8 Master Dunraven, 14 Kill The Groove, 16 Dotties Star.

HEREFORD SSR

2.00 EASTER MONDAY RACEDAY NOVICES' HURDLE £5,446 (4)2m 5f 163yds(5 declared)

1 5-12 ● **DRACO MALFOY (28)** K Bailey & M Nicholls 6 11 12 **T Bellamy**
2 22P **BIG TICKET (38)** N & W Twiston-Davies 5 11 5 **S Twiston-Davies**
3 5 **ERCALL FOX (67)** Kerry Lee 5 11 5 .... **J J Burke**
4 34 **HANDIN MANYPOCKETS (25)** S Hosie 5 11 5 .... **R Dingle**
5 1-69 **STAR OF HONOUR (46)** H Daly 6 10 12 .... **D Bass**

SOFT/HEAVY WINNERS: Nos. 1.

W-Factor: Big Ticket (128); Draco Malfoy (124); Handin Manypockets (119).

SP FORECAST: 5-4 Big Ticket, 6-4 Draco Malfoy, 6 Handin Manypockets, 12 Ercall Fox, 25 Star Of Honour.

2.30 NOVICES' HANDICAP CHASE £4,700 (4)2m 4f 194yds (5)

1 511 ● **FOLLOWCATO (17)** B Pauling 7 11 8 .... **K Woods**
2 222 **SKI LODGE (27)** A King 7 11 6 .... **T Bellamy**
3 1L-L **EPINEPHRINE (67)** V Williams 6 11 5 .... **N Fox(5)**
4 2L3 **RISK DE PLUIE (17)** Ben Clarke 7 11 4 .... **S Twiston-Davies**
5 L-75 **HURRICANE HIGHWAY (18)** E Williams 8 11 2 .... **B R Jones**

TONGUE STRAP: No. 4 CHEEK PIECES: No. 1.

SOFT/HEAVY WINNERS: Nos. 2, 4, 5.

W-Factor: Risk De Pluie (128); Followcato (126); Ski Lodge (125).

SP FORECAST: 7-4 Followcato, 5-2 Ski Lodge, 7-2 Risk De Pluie, 7 Epinephrine, 8 Hurricane Highway.

3.00 GREEN DRAGON HOTEL HANDICAP CHASE£4,700 (4)2m 8yds (5)

1 7-22 ● **ROYAL MER (17) (D)** D Pipe 8 11 13 .... **R Corcoran(7)**
2 L2L **MON CHAMPION (28)** P Nicholls 6 11 12 .... **F Gingell**
3 4L8 **WEWILLGOWITHPLANB (17) (D)** E Williams 9 11 8 .... **C Ring**
4 225 **PASSING KATE (17)** M Sheppard 9 11 6 .... **N Fox(5)**
5 7-4U **HORS JEU (36)** C Boultbee-Brooks 6 11 2 .... **R Patrick**

TONGUE STRAP: Nos. 1, 5.

SOFT/HEAVY WINNERS: Nos. 1, 2, 3, 4, 5.

W-Factor: Passing Kate (120); Royal Mer (118); Hors Jeu (111).

SP FORECAST: 13-8 Royal Mer, 3 Hors Jeu, 7-2 Mon Champion, 4 Passing Kate, 20 Wewillgowithplanb.

TRACK FACTS: GOING: Soft. Right Handed. **TOP TRACK JOCKEY (2021-26):** Sam Twiston-Davies 21% Strike rate. **TOP TRACK TRAINER (2021-26):** P Nicholls 33% Strike rate. **FIRST TIME:** 4.30 Ezmerellda (cheek pieces). **BEATEN FAVOURITES:** 2.30 Ski Lodge(hcp ch). 4.30 Princess Keri(hcp hdl). **LONGEST TRAVELLER: Risk De Pluie** (2.30) 123 miles. **STABLE SWITCH:** 3.30 **Latin Verse** from Anthony Charlton to O Murphy. 4.00 **Stattler** from W P Mullins in Ireland to Faye Bramley.

THE SCOUT

2.00 DRACO MALFOY
2.30 Followcato
3.00 Royal Mer
3.30 Out Of Office
4.00 Quel Destin
4.30 Gower Spirit

3.30 SILVERSHINE HANDICAP HURDLE £5,651 (3)2m 53yds (6)

1 22/6 **L'ASTROBOY (51) (D)** E Williams 9 12 0 .... **G Sheehan**
2 F2/3 ● **OUT OF OFFICE (57) (D)** E Williams 8 11 8 .... **B R Jones**
3 4-UL **COL DU PRE' (27)** V Williams 5 11 2 .... **N Fox(5)**
4 622 **NOWMELAD (31) (C&D)** Henry Oliver 7 11 2 .... **Lee Edwards**
5 60F- **LATIN VERSE (356) (D)** O Murphy 6 11 0 .... **J Bryan**
6 244 **UKANTANGO (185) (D)** O Murphy 9 10 6 .... **L Stones(3)**

TONGUE STRAP: No. 6.

SOFT/HEAVY WINNERS: Nos. 1, 3, 5.

W-Factor: Ukantango (132); Nowmelad (129); Out Of Office (128).

SP FORECAST: 11-4 Nowmelad, 3 Ukantango, 7-2 Out Of Office, 4 L'astroboy, 7 Latin Verse, 16 Col Du Pre'.

4.00 JUMPRITE OPEN HUNTERS' CHASE £2,566 (5)2m 4f 194yds (6)

1 P34 **CAMINO ROCIO (29) (D)** E M Rees 8 12 6 .... **Doubtful**
2 31P **A JET OF OUR OWN (18)** Mrs N Sheppard 9 12 2 **Mr F Philipson-Stow(7)**
3 2-35 **IMPORTANT NOTICE (29)** J Newman 8 11 12 .... **Mr J Newman**
4 P/P4- ● **QUEL DESTIN (352)** P Nicholls 11 11 12. **Miss Olive Nicholls**
5 4L7 **SNIPE (31)** D Skelton 9 11 12 .... **Mr Dominic Lewis(7)**
6 24P/ **STATTLER (653) (D,F)** Faye Bramley 11 11 12 ... **Mr N Orpwood(3)**

BLINKERS: No. 4 TONGUE STRAP: Nos. 2, 3, 6 CHEEK PIECES: Nos. 1, 2, 5.

SOFT/HEAVY WINNERS: Nos. 1, 2, 3, 4, 5, 6.

W-Factor: Quel Destin (128); Snipe (125); A Jet Of Our Own (123).

SP FORECAST: 10-11 Stattler, 3 Quel Destin, 6 A Jet Of Our Own, 7 Snipe, 14 Important Notice.

4.30 MARES' HANDICAP HURDLE £3,248 (5)2m 3f 147yds (4)

1 P82 ● **GOWER SPIRIT (14) (D)** M Sheppard 6 12 0 .... **R Patrick**
2 11U **PRINCESS KERI (8)** E Williams 6 11 10 .... **B R Jones**
3 4L-F **EZMERELLDA (37)** S-J Davies 6 11 0 .... **J Best**
4 868 **CHOSEN BAE (26) (D)** R Potter **7 10 2** .... **B Poste**

TONGUE STRAP: No. 4 CHEEK PIECES: No. 3 HOOD: No. 4.

SOFT/HEAVY WINNERS: Nos. 1, 4.

W-Factor: Gower Spirit (101); Princess Keri (100); Chosen Bae (85).

SP FORECAST: 8-15 Princess Keri, 9-4 Gower Spirit, 14 Chosen Bae, 16 Ezmerellda.

LOVE CONQUERS

By **David Yates**

LOVE SIGN D'AUNOU is the new favourite for the Weatherbys Champion Bumper following a sparkling victory at Naas.

Carrying the colours of Rich and Susannah Ricci, the point-to-point winner was a 5-4 favourite for the Aloga Equestrian (Pro/Am) Flat Race and galloped to a 24-length success under Patrick Mullins.

Love Sign d'Aunou was cut to 5-1 from 20s to provide Willie Mullins with a 15th Champion Bumper victory at Cheltenham in March, with his rider saying afterwards: "He's a relentless galloper, a big strong horse."

■ SPRINT superstar Ka Ying Rising notched his 17th straight win yesterday – to equal the 21-year record of Hong Kong legend Silent Witness.

The David Hayes-saddled five-year-old racked up a seventh Group One win with in the Centenary Sprint Cup at Sha Tin under Zac Purton.

VITAL STATISTICS

IN-FORM TRAINERS (last 10 days) R Varian 75% (2 wins and 1 places from 4 runners), H Evans 67% (1/3/6), T Lacey 57% (1/3/7), J Tate 56% (2/3/9), O Murphy 52% (10/13/44), E Lavelle 50% (5/1/12), K R Burke 50% (2/4/12), Sir M Prescott 50% (1/1/4).

IN-FORM JOCKEYS Caoilin Quinn 64% (2 wins and 5 places from 11 runners), David Bass 60% (3/3/10), Oisin McSweeney 58% (2/5/12), Sean Levey 55% (6/6/22), Rossa Ryan 54% (3/4/13), William Carson 53% (2/8/19), Ben Jones 50% (11/3/28), Bradley Harris 50% (1/1/4), Jack Mitchell 50% (3/1/8), Paddy Bradley 50% (3/4/14), Stevie Donohoe 50% (1/2/6).

HOOF PRINT

❑ACT OF INNOCENCE will be rerouted to the Sidney Banks Memorial Novices' Hurdle at Huntingdon after Nicky Henderson elected not to run his youngster in the delayed final race at Cheltenham on Saturday.

The six-year-old was due to step up in trip for the AIS Novices' Hurdle.

Henderson said: "It was nothing to do with what happened that he didn't run, I just felt (running over) two-miles-five in that ground wasn't the right thing to do."

JOE ROOTING FOR SKIPPER HARRY

SHAKE ON IT Brook gets back to winning ways against Sri Lanka

STAND BY YOUR MAN Root helped out skipper Brook with a match-winning innings

It's been a rocky start but Root insists captain Brook will do 'wonderful things'

FROM **SCOTT HUNT** in Colombo

JOE ROOT believes Harry Brook will do "wonderful things" as England captain.

Brook shared an 81-run stand with Root to help guide England towards a five-wicket win over Sri Lanka on Saturday, their first ODI win away from home in 12 matches.

The England skipper began this tour by apologising to his teammates and admitting he was lucky to still be captain after getting involved in an altercation with a nightclub bouncer in New Zealand during England's last white-ball engagement in October.

News of that incident, where Brook said he was "clocked", emerged following England's troubled Ashes tour.

Root wants Brook to be able to learn from the incident and believes it can help his growth as a leader.

"Harry's a great fella and he's going to be an incredible captain and is someone who clearly feels bad about what happened," said Root.

"He's apologised, he's taken his punishment and he's desperate to take this team forward.

"It's a natural feeling for anyone that's made a mistake to feel like you've let people down. He's going to be a brilliant England captain and he's going to do wonderful things in an England shirt, both as a player and as a leader.

"So I'm fully behind him and want to see him move past it and learn from it and grow as a person and as a captain off the back of it."

Victory in the second ODI in Colombo helped England level the three-match series. It was set up by an excellent bowling display, where Brook shrewdly deployed six spinners, before Root's 75 and the captain's 42 broke the back of the chase.

"He played what was required and it was a very different innings to what you might expect him to play but in many ways it won us the game," added Root.

"That shows good leadership and someone that really cares about the group and wants to take us further down the line."

Root made two scores over 150 during the Ashes, ending his wait for a century in Australia, but England's pre-series hopes of a first win Down Under since 2010-11 ended in a 4-1 drubbing. The former captain is keen to reflect properly on the defeat after heading to Sri Lanka just over a week after returning home.

"After this tour I'm going to get a couple of months to sit back and look at it properly and probably emotionlessly," he said.

"You spend so much time trying to achieve something out there and when it doesn't go well it's easy to look at things through a certain lens.

"It clearly hurts. But I could sit here and get wound up and angry about it and probably say something that I don't necessarily mean or I could give myself some time to properly reflect on it."

The nature of the defeat, coupled with off-field issues, have raised questions over the long-term future of head coach Brendon McCullum (above).

But Root said: "Baz is one of the best coaches I've ever worked with. If you look at my own personal game, the time that he's been coach, it's improved tenfold."

Carlos in a hurry to make history

ALCARAZ SETS HIS SIGHTS ON CAREER GRAND SLAM

FROM **YASMIN SYED** in Melbourne

CARLOS ALCARAZ can become the youngest man to complete the career Grand Slam by winning the Australian Open this week.

But first he must break new ground, and find a way to silence a raucous Aussie crowd when he faces home hero Alex de Minaur in the quarter-finals.

Coming into the tournament, the Spanish star made it no secret that winning the Australian Open was his main goal for the season.

The No.1 seed is already more than halfway there after beating Tommy Paul 7-6 6-4 7-5 on Rod Laver Arena to reach the last eight at Melbourne for the third straight year.

"Obviously, to complete the career Grand Slam is something amazing to do, to be the youngest that has done it is even better," said Alcaraz, 22, who bettered the record held by Bjorn Borg and Boris Becker by reaching a 14th Slam quarter-final before turning 23.

Only eight men in history have completed the career Grand Slam, and just five in the Open Era – Rod Laver, Andre Agassi, Roger Federer, Rafael Nadal and Novak Djokovic.

Nadal was 24 when he completed the set by winning the 2010 US Open. And his fellow countryman Alcaraz still has two chances to beat that record – he could also do it at next year's Aussie Open.

But it's all about the here and now for the No.1 seed, who has been open about his hopes of rewriting tennis history.

Alcaraz, who has not dropped a set in his first four matches, said: "You have to see the overall of the match.

"For example, something that I was working on was maintaining focus the whole match, which I did today, playing such great tennis from the beginning until the end.

"So for me it was really, really important, more than saving energy, because I have plenty of that. It's more about how I have been playing during almost three hours, which was really high."

Alcaraz averaged 70 percent first serves against Paul, just a touch higher than his mark for the tournament as a whole.

"I'm surprising myself," he said. "The serve is something that I've been working on for a long time ago. I'm just really happy to see the improvement.

"After every set, I try to check (the statistics) out. The four matches I've played, the serve has been a really important weapon for me." He has already won six Grand Slam titles – two each at the French Open, Wimbledon and US Open.

But he's never made it beyond the quarter-finals in Australia and faces a formidable opponent in De Minaur if he hopes to break new ground this year.

Alcaraz has a 5-0 record against the No.6 seed, but knows the Aussie fans will be right behind their man.

"Alex, playing with the home crowd, feels really comfortable," said Alcaraz. "I have to focus on my own tennis. I understand, I'm not going to take it personally, the crowd is going to be for him."

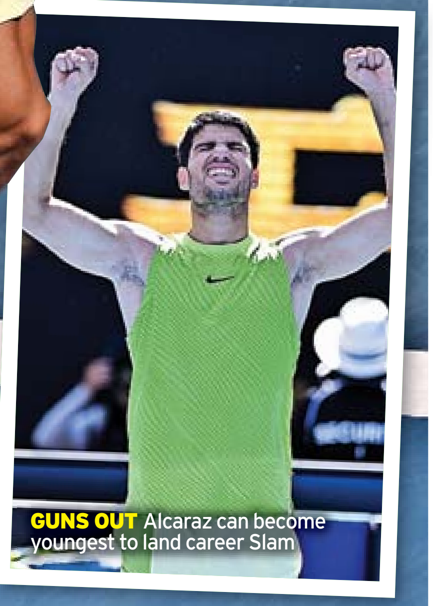
And De Minaur is ready for the challenge of facing the top seed.

After dispatching 10th seed Alexander Bublik 6-4 6-1 6-1, he told the Rod Laver Arena crowd: "I'm super pleased with my level. I'm doing everything I want on the court and I'm excited for the next one.

"I'm going to have to come out here all guns blazing. I'm excited for a battle against Carlos."

SERVING NOTICE Alcaraz has upped his game in Australia

NO QUARTER GIVEN Australian De Minaur stands in way of Alcaraz



GUNS OUT Alcaraz can become youngest to land career Slam

ON A ROLL Top seed Sabalenka

ARYNA'S A TEENY BOPPER

BY **YASMIN SYED**

ARYNA SABALENKA is through to her fourth straight Australian Open quarter-final after taking out 19-year-old Victoria Mboko.

The world No.1 will now face another teenage sensation in Iva Jovic, who only turned 18 last month and is enjoying an eye-catching run in Melbourne.

The No.30 seed has already earned her first top-10 win and in her first appearance in the second week of a Major, she blitzed Yulia Putintseva 6-0 6-1.

Ahead of her meeting with Sabalenka, the American teen said: "I'm just going to try to keep taking care of my side of the net.

"She's No.1 for a reason and has had so much success at this tournament, but that's what I want. I said last year that I hoped to play her this year because you definitely want to play the best and see how it goes."

Two-time Grand Slam champion Coco Gauff set up a clash with experienced No.12 seed Elina Svitolina, who knocked out another teenager, Mirra Andreeva.

Men's No.25 seed Learner Tien will face last year's runner-up Alexander Zverev after seeing off former world No.1 Daniil Medvedev 6-4 6-0 6-3. Ahead of their third career meeting, Zverev said: "He's very, very young, up and coming.

"I have massive respect for him. He's very under the radar."

Novak Djokovic is straight through to the quarters after his fourth-round opponent, Jakub Mensik, withdrew from the tournament with an abdominal injury.

SPORT IN BRIEF

Premier League

ARSENAL (1)..........2	**MAN UTD (1)........3**
Martinez 29 (og) Merino 84 **Att: 60,296**	Mbeumo 37 Dorgu 50 Cunha 87
BRENTFORD (0).....0	**NOTTM FOR (1)....2**
Att: 17,134	Igor Jesus 12 Awoniyi 80
CRYSTAL PAL (0)...1	**CHELSEA (1)........3**
Richards 88	Estevao 34 Joao Pedro 50 Fernandez 64 (pen)
NEWCASTLE (0).....0	**ASTON VILLA (1)..2**
Att: 52,134	Buendia 19 Watkins 88

Sky Bet Championship

PORTSMOUTH (0)..1	**SOUTHMPTN (0)...1**
Adams 77	Scienza 57

William Hill Scottish Prem

HEARTS (0)...........2	**CELTIC (1)............2**
Findlay 48 Braga 87	Nygren 7, Yang 62 **Att: 18,859**
RANGERS (0).........3	**DUNDEE (0)..........0**
Tavernier 48 (pen) Gassama 90, Danilo 90	**Att: 50,165**

	P	W	D	L	F	A	Pts
Hearts	23	15	6	2	44	19	51
Rangers	23	13	8	2	37	17	47
Celtic	23	14	3	6	41	23	45
Motherwell	23	10	10	3	35	17	40
Hibernian	23	9	8	6	38	28	35
Falkirk	23	9	6	8	27	29	33
Aberdeen	23	8	4	11	26	30	28
Dundee Utd	22	5	10	7	28	34	25
Dundee	23	6	4	13	19	37	22
St Mirren	22	4	7	11	17	31	19
Kilmarnock	23	2	8	13	20	43	14
Livingston	23	1	8	14	24	48	11

BARCLAYS WOMEN'S SUPER LGE: Aston Villa 1 Man Utd 4, Leicester 1 West Ham 2, Liverpool 2 Tottenham Hotspur 0, London City 1 Man City 2.

CRICKET

3RD T20 INT'NAL (Guwahati): **New Zealand** 153-9 (20.0 overs; J Bumrah 3-17); **India** 155-2 (10.0 overs; A Sharma 68no; S A Yadav 57no). **India win by 8 wickets.**

GOLF

DP WORLD TOUR HERO DUBAI DESERT CLASSIC (UAE)—Final rd (Gbr & Irl unless stated): **274** P Reed (USA) 69 66 67 72, **278** A Sullivan 71 65 71 71, **279** J Guerrier (Fra) 73 72 65 69, D Puig (Spa) 72 68 66 73, **280** F Molinari (Ita) 65 72 71 72, N Hoejgaard (Den) 71 67 72 70, J Schaper (Rsa) 71 68 71 70.

RUGBY LEAGUE

Challenge Cup 2nd rd: Doncaster P Newcastle P, Sheffield 18 Whitehaven 6, Stanningley 0 Hunslet 44, Heworth 0 Keighley 66, Ince Rose Bridge 26 Swinton 44, Wigan St Judes 4 Barrow 76, Hammersmith Hills Hoists 10 Salford RLFC 42, Batley 32 Hunslet ARLFC 10, Blackbrook 6 Workington 28, Dewsbury 32 West Hull 10, Ince Rose Bridge P Swinton P, London Broncos 86 Wests Warriors 0, Midlands Hurricanes 110 Aberavon Fighting Irish 0, Mirfield Spartans 4 Goole Vikings 58, North Wales Crusaders 110 Bedford Tigers 0, Oldham 58 Orrell St James 0, Stanningley P Hunslet P, Thatto Heath Crusaders 0 Widnes 76, Waterhead Warriors 6 Rochdale 60, Wigan St Judes P Barrow P, Halifax 88 London Chargers 0, Doncaster 24 Newcastle 22.

RUGBY UNION

Gallagher Prem Rugby

EXETER.................3	**BRISTOL 8**
HARLEQUINS.........7	**LEICESTER..........34**
SALE.................. 29	**NORTH'PTON 43**
SARACENS.......... 73	**NEWCASTLE........14**

	P	W	D	L	B	F	A	Pts
North'pton	10	8	1	1	9	390	282	43
Bath	10	8	0	2	9	343	237	41
Bristol	10	8	0	2	5	290	235	37
Leicester	10	7	0	3	8	301	238	36
Exeter	10	6	1	3	9	272	179	35
Saracens	10	5	0	5	12	383	248	32
Sale	10	3	0	7	8	285	297	20
Gloucester	10	1	0	9	7	214	335	11
Harlequins	10	2	0	8	2	196	351	10
Newcastle	10	1	0	9	1	167	439	5

United Rugby Ch'ship: Cardiff Rugby 17 Benetton Treviso 8, Connacht 23 Leinster 34, Scarlets 27 Ulster 22, Stormers 19 Sharks 30, Zebre 21 Glasgow 26.

TENNIS

AUSTRALIAN OPEN (Melbourne)—**Men's 4th rd:** C Alcaraz (Spa) bt T Paul (USA) 7-6 (8-6) 6-4 7-5; A De Minaur (Aus) bt A Bublik (Kaz) 6-4 6-1 6-1; A Zverev (Ger) bt F Cerundolo (Arg) 6-2 6-4 6-4; L Tien (USA) bt D Medvedev (Rus) 6-4 6-0 6-3. **Women's 4th rd:** A Sabalenka (Blr) bt V Mboko (Can) 6-1 7-6 (7-1); I Jovic (USA) bt Y Putintseva (Kaz) 6-0 6-1; C Gauff (USA) bt K Muchova (Cze) 6-1 3-6 6-3; E Svitolina (Ukr) bt M Andreeva (Rus) 6-2 6-4. **Men's Doubles 3rd rd:** L Johnson (Gbr) & J Zielinski (Pol) bt A Pavlasek (Cze) & J-P Smith (Aus) 6-3 6-4; C Harrison (USA) & N Skupski (Gbr) bt T Griekspoor (Ned) & B van de Zandschulp (Ned) 5-0 ret. **Mixed Doubles 1st rd:** M Joint (Aus) & M Romios (Aus) bt G Dabrowski (Can) & L Johnson (Gbr) 6-2 6-7 (2-7) 10-7; A Danilina (Kaz) & JJ Tracy (USA) bt (7) O Nicholls (Gbr) & H Patten (Gbr) 6-2 6-3. **2nd rd:** IKhromacheva (Rus) & C Harrison (USA) bt T Mihalikova (Svk) & L Glasspool (Gbr) 4-6 7-5 10-7.

TODAY'S DIARY

Premier League: Everton v Leeds (8pm) (Sky Sports Main Event).
Sky Bet Ch'ship: Norwich v Coventry (8pm) (Sky Sports Football).

SNOOKER

German Masters (Berlin).

FORMULA ONE

SPECIAL ONE Verstappen is desperate to be top dog again

MAX MAY SPEED OFF IF RED BULL DO NOT DELIVER

EXCLUSIVE
BY **DANIEL MOXON**

RED BULL have been warned that Max Verstappen's loyalty to the team is not endless.

The Dutchman stuck with Red Bull last year despite strong interest from Mercedes, as his streak of four successive Formula One drivers' titles came to an end.

It is understood a clause in Verstappen's contract, which may allow him to walk away if he is lower than second in the championship by the summer, will become active again later this year.

And team principal Laurent Mekies has already admitted that Red Bull, who will this year race with engines built in-house for the first time, "will be trailing" their rivals in early rounds of the season.

Given the rumours surrounding his future last year, former F1 driver Johnny Herbert (above) believes Verstappen is actively keeping his options open in case he needs to find a quicker car.

"Loyalty is important, but it can only go so far," he said. "When you're in Max Verstappen's position, you have to have that trust that Red Bull can offer him what he needs to win races.

"But if Red Bull can't consistently offer him the tools he needs, like in 2025, sometimes, loyalty comes to an end. Feelings can shift because they're not giving you what they should be giving you.

"A driver of Max's stature is always looking for the next best thing. That doesn't mean it could be next year, it could be in the next two or three years.

"All the rumours last season were a sign that Max might be looking elsewhere."

The current Red Bull team have a very different look these days, with several high-profile, long-serving figures having departed.

But Herbert feels keeping hold of race engineer Gianpiero Lambiase, despite interest from other teams, could be crucial.

He added: "Lambiase is the closest connection Max has when he's in the car. It's so strong.

"They throw rockets at each other, but are also able to take the positives from their relationship. That might be Max's most powerful thing he has at Red Bull."

Horner eyes Alpine

ALPINE have revealed former Red Bull boss Christian Horner is among a group interested in investing in the Formula One team.

Horner was sacked as team principal following July's British Grand Prix before his official exit was agreed in September, leaving the 52-year-old free to return to the sport.

Alpine said it was "no secret" that Otro Capital had held preliminary talks to sell its stake in the team, which finished bottom of the constructors' championship standings last season.

Alpine said in a statement: "One of those parties to express an interest is a group of investors, which also includes Christian Horner."

JOE'S READY FOR SCRAP WITH TIGERS PAL SMITH

BY **ADAM HATHAWAY**

JOE HEYES joins up with England tomorrow to prepare to ruin club-mate Nicky Smith's big day out at Twickenham next month.

The pair of Leicester props linked up in Saturday's 34-7 Prem win over Harlequins at the Stoop but a week on Saturday will lock horns at HQ when England host Wales.

Smith is regarded as the best loosehead in the league, while Heyes is England's first-choice tight-head, and the duo have transformed the Tigers scrum.

The pair will be in direct opposition in that Six Nations opener and waved each other farewell on Saturday night ahead of their upcoming clash where they will be the best of enemies.

Heyes said: "We just said goodbye in the changing rooms. That was a bit awkward. I didn't know whether to hug or strangle him!

"We know where we're going but we'll keep it professional and try not to have any domestic conflict.

"I had a bad experience against Nicky three or four years ago and I was yellow-carded. I was like, 'I've got him here' but he would just pop his way back out of it.

"He has an unbelievable ability to go forward. Around the field as well, people don't see it. He'll chop everything, he'll get over the ball.

"He's a quality player. I think every prop has a bad day, and I've had a couple, but that was probably one of my bad days."

The bad days are now less frequent for Heyes who, with Will Stuart sidelined, will start the tournament as England's senior tight-head prop.

The 26-year-old was at his lowest on England's summer tour of Japan and New Zealand in 2024 when he held tackle bags for the whole trip without getting a game. Now he is relishing heading back into the national set-up where he will be expected to put an arm round the young Bath front rower Billy Sela, just 20, on his first call-up.

"I'm really excited to get stuck back in," he added. "Before it probably wasn't as exciting because I never thought I'd be involved and it felt like a bit of a rinse and repeat cycle.

"It's not only the fact I'm playing now but it's also the group we've got.

"If you look around at all positions in England at the moment, the strength and depth is actually incredible, isn't it? Maybe like 10 years ago, you would never have had that."

'I didn't know whether to hug or strangle him'

FRIENDS AND FOES Joe Heyes knows he is in for a tough time against his Leicester club-mate Nicky Smith (above) when England meet Wales

SUPER SAINTS Furbank celebrates with Henry Pollock

Fur ready to fly in the Six Nations

GEORGE FURBANK proved his fitness for the Six Nations campaign as NORTHAMPTON returned to the top of the Prem with a 43-29 win at SALE on Saturday.

The England full-back, out since December 20 with calf trouble, got 25 minutes off the bench and made Saints' bonus-point score for Italy wing

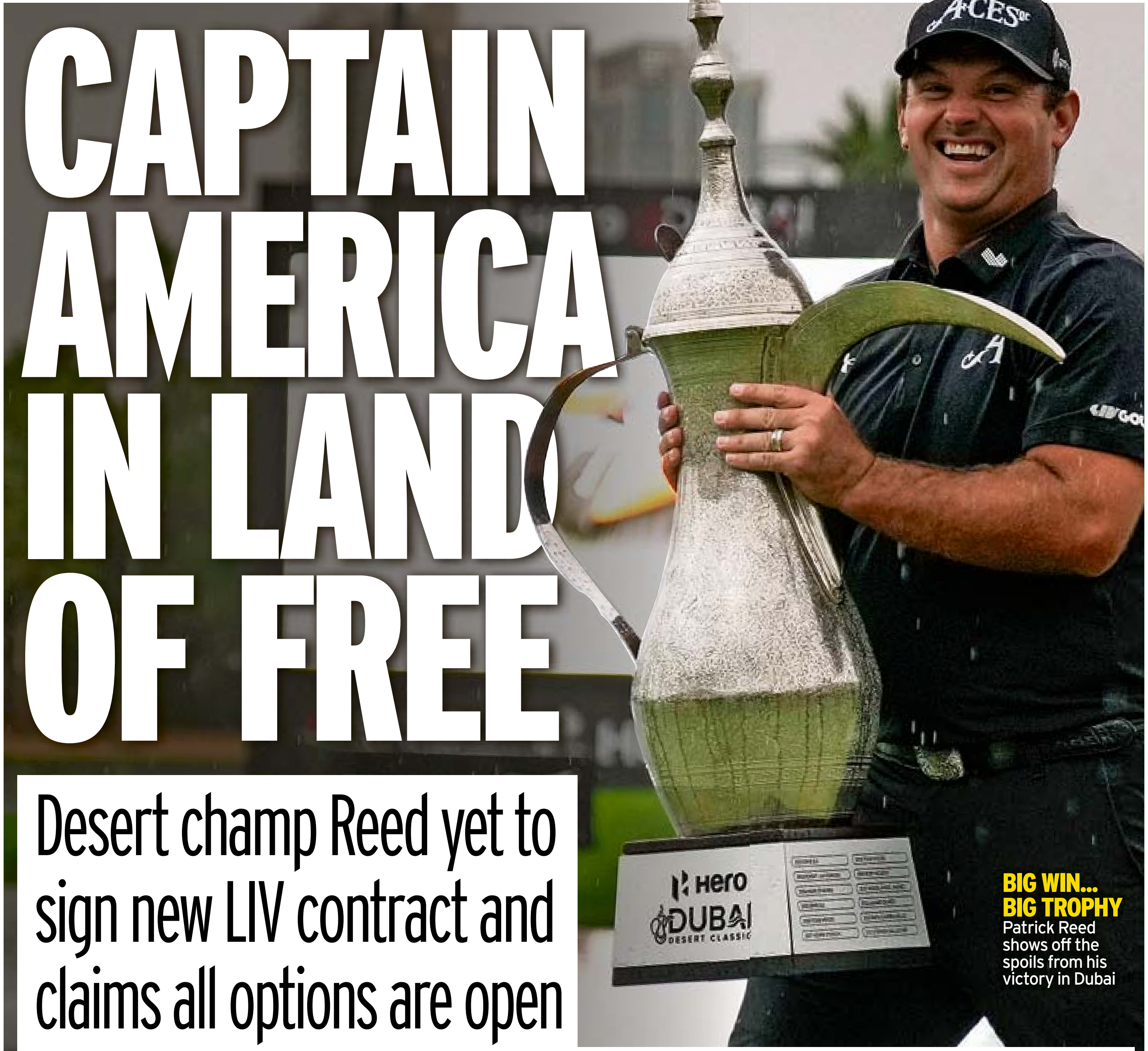
ROUND-UP

Edoardo Todaro. Sharks fly-half George Ford passed 2000 league points but it was not enough. Sale boss Alex Sanderson said: "Realistically, that's us done for the play-offs, but not the season. There are still scalps to take."

SARACENS kept in touch with the knockout spots with a 73-14 hammering of NEWCASTLE highlighted by four tries for teenage wing Noah Caluori.

Saracens Director of Rugby Mark McCall, who is stepping down at the end of the season, said: "This important because those five points keep us close enough to the mix. There's eight games left and everything to play for."

BRISTOL are third going into the Prem break after an 8-3 defeat of EXETER at Sandy Park in a game played in atrocious weather conditions. Bears wing Noah Heward got the game's only try and James Williams' penalty sealed it late on.



CAPTAIN AMERICA IN LAND OF FREE

Desert champ Reed yet to sign new LIV contract and claims all options are open

BIG WIN... BIG TROPHY Patrick Reed shows off the spoils from his victory in Dubai

FROM **NEIL McLEMAN** in Dubai

PATRICK REED revealed he is out of contract with LIV Golf and could return to the PGA Tour after his four-shot win at the Hero Dubai Desert Classic.

The former American Ryder Cup star is in a stronger position to negotiate a new deal after this high-profile victory – and in the wake of Brooks Koepka leaving the Saudi-backed tour last month.

The final day of the first Rolex Series event on the DP World Tour was an anti-climax in the rain until Reed dropped his bombshell in his victor's press conference.

The 2018 Masters champion said earlier this week he would consider returning to the PGA Tour if he were to be offered the same deal as Koepka. And he joked on Friday that the first prize here of $1.53million (£1.12m) would pay any fines from the DP World Tour for playing on the rival tour.

Reed banked the cash but then said he is yet to agree a new deal to tee up for LIV's first event of the season in Riyadh on February 4.

"We're still finalising the contract," he said. "We're not complete on that yet.

"Am I a free agent? At the moment, yes, sir. Starting tonight and tomorrow, we'll get back to talking and things like that. Really just all kind of depends on everything.

"I haven't talked to the team back home or anything like that. But at the moment I plan on teeing it up there in Riyadh, and I'd be surprised if we're not."

Bryson DeChambeau (left) is out of contract at the end of 2026 and wants a pay hike to sign a new contract as LIV's biggest name.

Now Reed, who is another box office name whether you like him or not, can demand more than the $40m deal he signed to join in 2022. And he has choices.

Captain America Reed has always remained a member of the DP World Tour and the top 10 in the Race to Dubai earn a PGA Tour card next year.

Asked his options if he does not sign for LIV, he said: "Continue to play out here and be in the Top 10 and be on the PGA Tour next year.

"Good golf takes care of itself, right. It's always kind of been that way from day one. If I ended up not playing on LIV this year, obviously it would be one of those things that I would be out here playing more on this tour and trying to secure one of those spots in the top 10, and allow myself to get back on the PGA Tour."

Reed started and finished the final round with a four-shot lead. Now back in the world's top 30 to get him into all the Majors, he said: "It's an amazing win. Hopefully I can carry that form on throughout the year and make some noise."

Andy Sullivan closed with two birdies for a 71 to finish second.

ALSO-RAN McIlroy was never in title contention

Rory vows to step on the gas for Augusta

FROM **NEIL McLEMAN**

RORY McILROY admitted he was "stuck in neutral" in Dubai this week – but will aim to go through the gears and be at full speed for his Augusta title defence.

The world No.2 has won four times here – including his first DP World Tour title in 2009 – and had never finished outside the top 10.

But the Ulsterman started and finished with a 73 to end his dream run in the desert tied for 33rd place – 12 shots behind winner Patrick Reed.

"Yeah, stuck in neutral most of the week, absolutely," said McIlroy. "Am I aiming to go through the gears in the build-up to the Masters?

"Yeah, for sure. Sort of shake off the rust a little bit and see where the game is." McIlroy plans to take two weeks off before returning for the Pebble Beach Pro-Am on February 12 and the Genesis Invitational in Los Angeles on February 19.

"So I'll do a little bit more practice and obviously play those two." he said. "Then we've got two big ones in Florida (the Arnold Palmer Invitational and The Players' Championship). I'm still trying to obviously build up to the Masters. Last year was really good for me with the win at Pebble and win at The Players'.

"If I can keep progressing a little bit and get to a level that I want to be, then hopefully I can contend in one of the tournaments in California, at least, and then do the same thing in Florida, heading into Augusta."

WORLD OF SPORT

Paddy gets pounded in and outside cage

UFC

BY **MARTIN DOMIN**

ONE by one they lined up to take their shots.

Paddy Pimblett spent five rounds suffering an onslaught from Justin Gaethje, but as he headed to hospital he was defenceless against the barbs from other rivals.

PIMBLETT

Arman Tsarukyan, who felt Pimblett had stolen his shot at the UFC interim lightweight title, said: "He's a trash can; Paddy is not a top fighter. If it was me, Gaethje wouldn't do that."

Welterweight champion Islam Makhachev said: "What was brought on a platter turned out to be inedible." And finally Ilia Topuria, who holds the full lightweight title and has a long and chequered history with Pimblett, said: "You just lost the biggest paycheck of your life. You were going to get rich if you won."

Pimblett, who has collected almost as many enemies as UFC victories since his debut five years ago, could only counter with: "You live and you learn; I'm 31, I will be back better. You haven't seen the last of me. I know how tough I am and I don't need to prove that to anyone."

THE BIG PICTURE

CUTTING EDGE: France's Chiara Pogneaux at the World Cup in Czech Republic

Jay's kangaroo crash

CYCLING

AUSTRALIAN Jay Vine won the Tour Down Under despite being knocked off his bike by a kangaroo.

Vine fell off when two large kangaroos bounced on to the road on a high speed section with about 96km left in the undulating stage through the hills around Adelaide.

Three riders – Menno Huising, Lucas Stevenson and Alberto Dainese – were forced to quit and the kangaroo was also injured. "Everyone asks me what's the most dangerous thing in Australia and I always tell them it's kangaroos," said Vine, who won his home race for the second time in three years.

"Two of them blasted through the peloton when we were doing probably 50kph (30 mph) and one of them stopped and went left, right, left, right, left, right and I ended up hitting its backside."

10 to tackle

1. Which US city hosted the 2026 World Athletics Cross Country Championships?
2. How many points did winless Wolverhampton Wanderers have in the 2025-2026 Premier League going into 2026?
3. Which UK horse racecourse had a record attendance of 44,151 for its New Year's Day fixture in 2026?
4. For which two Super League teams did Australian rugby league player Ben Walker turn out?
5. Whose last match as West Indies cricket captain was the 3rd Test against Pakistan in 1997?
6. Who was the first British Formula One driver to win the British Grand Prix?
7. Which Czech won the women's 400m and 800m at the inaugural World Championships in 1983, setting a world record in the former?
8. What number is between the 3 and the 7 on a dartboard?
9. Who captained the US Ryder Cup team that beat Europe at Brookline in 1999?
10. How many events are there in a heptathlon competition?

RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

ANSWERS: 1 Tallahassee, Florida. 2 Three. 3 Cheltenham. 4 London Broncos and Leeds Rhinos. 5 Courtney Walsh. 6 Stirling Moss. 7 Jarmila Kratochvilova. 8 19. 9 Ben Crenshaw. 10 Seven.

HOT STREAK Calvert-Lewin has nine goals in 20 games

You haven't scored enough goals, DCL

BY **ISAAC JOHNSON**

Everton v Leeds
Kick-off 8pm

DANIEL FARKE has warned Dominic Calvert-Lewin he will only be able to class this season as "outstanding" if he continues his impressive form.

Leeds striker Calvert-Lewin travels back to former club Everton for the first time tonight having bagged nine goals in 20 Premier League games so far.

A goal at Hill Dickinson Stadium will see him hit double figures in a single season for the first time in five years.

One of the main reasons for his great form has been his availability, having yet to miss a Leeds matchday squad since making his debut in August.

Farke has hailed his medical staff for their work during his tenure, having often brought players back quicker than first envisaged.

When Calvert-Lewin and fellow free agent Lukas Nmecha arrived at Leeds with lengthy medical history CVs over the summer, club chiefs stressed their faith in the science, nutrition and medical departments to keep the pair fit and available. Between them, they have only missed three matches, with Calvert-Lewin sitting out none. His form has forced him into the conversation for World Cup selection, though the man himself has admitted there is still a long way to go.

Farke – a close ally of Three Lions boss Thomas Tuchel – echoed that sentiment when speaking about his form.

"I'm not willing to sing his praises after five or six good months," he said. "I'm willing to sing his praises about him fully after a really good season and Dominic is, for me, an outstanding striker, one of the best English strikers around.

"He doesn't have to prove it on Premier League level anymore – for that he has way too many games and way too many goals. But he needs to deliver a top class season in total for Leeds.

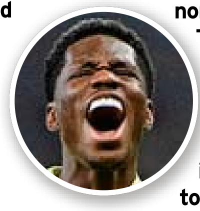
"Just six months are played, he's on a good path but if he stops right now scoring goals and if he stops delivering performances, then we will just speak about a solid season."

BARRY'S BRIGHT

BY **JOE THOMAS**

DAVID MOYES says Thierno Barry's growing confidence is being reflected at their Finch Farm training ground.

The forward's sublime chipped finish sealed three points for a depleted Everton side at Aston Villa earlier this month.



It was his fourth Premier League goal since opening his account at the start of December, and asked whether the winner at Villa Park had led to him seeing a notable change in Barry, inset, Moyes replied: "I have. He was shouting on the training pitch on Friday, which has not been normal for Thierno.

"He's really feeling his way in and edging his way in. I think he took his goal brilliantly well.

"He didn't get many chances in the game, but the one he did get, he took, and that's the way you want it."

EMI

Buendia cracker and Martinez heroics break Villa's Toon hoodoo

NEWCASTLE 0
ASTON VILLA 2
Buendia 19, Watkins 88

BY **DAMIAN SPELLMAN**

ASTON VILLA ended their 21-year wait for a Premier League win at St James' Park as they went level on points with Manchester City.

Villa had not tasted victory on Toon turf in 17 attempts in the league, going back to January 2005.

But Emi Buendia's sweet strike set Villa on their way to a hard-fought win, with Ollie Watkins' late header securing victory.

The win owed much to two fine first-half saves by Emi Martinez from Sandro Tonali and Lewis Miley as Eddie Howe's men came up short.

Villa boss Unai Emery said: "I am so, so happy. The players were extraordinary.

"We spoke about this match and the difficulties some teams have with their level here. It is the highest level we can face this season and the players respond fantastically.

"The commitment to the fans, being so disciplined individually and collectively got us through it.

"We can only help the players tactically. Out on the field they need to show the attitude and commitment to work to the game plan. And they did it.

"Emiliano Martinez played a fantastic match. He focused on the match and his character, skills and commitment... because we need every player... really fantastic.

"Last week we lost and were so disappointed but we can be calm again and have confidence. We were comfortable in what we were doing.

"Of course, we are competing against Arsenal, we are competing against Manchester City, we are competing against Chelsea, we are competing against Liverpool, we are competing against Newcastle, against Tottenham… Wow, the power they have. "But we are competing and we are there, We are getting points."

Villa were good value for the points on an afternoon when they were slick going forward and dogged in defence.

But the Magpies were guilty of failing to make the most of the possession they had, particularly after the break.

The absence of skipper Bruno Guimaraes through injury left Howe's side needing to break new ground – they had won none of the eight league games they had played without the Brazilian since his arrival in January 2022. But Villa too were missing key men, in particular Boubacar Kamara and John McGinn.

Newcastle would have been ahead inside the first minute had Martinez not managed to block Tonali's shot, although Nick Pope was called upon to keep out Buendia's fifth-minute strike after Tonali had been caught in possession.

Buendia, Morgan Rogers and Watkins were starting to cause problems for the hosts, and they forced their way in front with 19 minutes gone when Buendia was allowed time and space to line up a shot from 20 yards and drilled

Howe: No magic fix to improve this side

FROM BACK PAGE

his offensive artillery this month. Howe said: "We have the players we have. We have to find solutions with those players. There's no point in thinking we can get another type of player because it's not going to happen.

"The next chance we will have to change the squad will be the summer. So it is about getting the best out of the players we have.

"Today we played badly and around the goal we could have done better."

Howe made no excuses after playing in Europe against PSV Eindhoven, with Villa having returned at 4am after playing Fenerbahce in Turkey.

He said: "We had enough time to recover from our last game. It is a season where we are constantly mentally challenged in respect of playing and recovering.

"Villa had a very similar schedule to us and just executed the final bit better than us. They have played very well today and as the away team are probably pleased."

Howe admitted Emi Martinez's save from Sandro Tonali in the first minute was crucial.

"Sandro has that chance right at the start of the game and if it goes in it's a different game," the Toon boss added.

"We were better in the second half than the first.

"There were chances and moments there without our final ball being of the quality that it normally is. A lot of the crossing was poor."

OLLIE GOOD Watkins' goal seals the deal

BIG MOMENT Martinez saves from Lewis Miley

MAKING HIS MARK Buendia is given space and lets fly to score the opening goal for Villa

AWARD WINNERS

his shot across and beyond Pope.

The visitors dominated as Morgan Rogers and Watkins repeatedly stretched the Magpies' defence, though Martinez had to pull off a fine one-handed save to repel Miley's looping header.

Villa cemented the win two minutes from time when, after Pope had clawed away his piledriver, Watkins headed home a second from Matty Cash's cross when the hosts failed to deal with the resulting corner..

Watkins said: "We got the gameplan spot on. We didn't play in front of them, we just played in behind and I don't think they were prepared for that. It was a strong performance from us and we could have won by a lot more.

"I've had some shocking performances here so it was nice to break the duck and perform individually and as a team. It's massive for us."

Buendia added: "We have to look to be there and fight until the end.

"We know what we want to achieve, fighting for the Champions League spots."

PERFECT START Buendia is mobbed by team-mates after his goal

PREMIER LEAGUE

	P	W	D	L	F	A	Pts
Arsenal	23	15	5	3	42	17	50
Man City	23	14	4	5	47	21	46
Aston Villa	23	14	4	5	35	25	46
Man Utd	23	10	8	5	41	34	38
Chelsea	23	10	7	6	39	25	37
Liverpool	23	10	6	7	35	32	36
Fulham	23	10	4	9	32	32	34
Brentford	23	10	3	10	35	32	33
Newcastle	23	9	6	8	32	29	33
Sunderland	23	8	9	6	24	26	33
Everton	22	9	5	8	24	25	32
Brighton	23	7	9	7	33	31	30
Bournemouth	23	7	9	7	38	43	30
Tottenham	23	7	7	9	33	31	28
Crystal Palace	23	7	7	9	24	28	28
Leeds	22	6	7	9	30	37	25
Nottm Forest	23	7	4	12	23	34	25
West Ham	23	5	5	13	27	45	20
Burnley	23	3	6	14	25	44	15
Wolves	23	1	5	17	15	43	8

PREMIER LEAGUE

NEWCASTLE		ASTON VILLA
60%	POSSESSION	40%
4	SHOTS ON TARGET	8
4	SHOTS OFF TARGET	4
504	TOTAL PASSES	349
6	CORNERS	5
2	OFFSIDES	0
7	FOULS	12
🟥 0 🟨 1	CARDS	🟨 2 🟥 0

REF: Jarred Gillett **ATT:** 52,134

LINE-UPS

NEWCASTLE 4-3-3): Pope; Trippier, Thiaw, Botman, Hall; Miley, Tonali (Willock 84), Joelinton (Ramsey 27); Barnes, Wissa (Woltemade 62), Gordon (Elanga 63).

ASTON VILLA (4-2-3-1): Martinez; Cash, Konsa, Torres (Mings 75), Maatsen; Onana (Lindelof 89), Tielemans (Bogarde 74); Sancho (Bailey 59), Rogers, Buendia (Digne 75); Watkins.

MAN OF THE MATCH
EMI BUENDIA

WANTED MAN Spurs were eager to sign Robertson

Liverpool won't let Robbo go

ANDY ROBERTSON is poised to stay at Liverpool with the Reds not in a position to consider the sale of the left-back.

Tottenham had opened preliminary talks with Liverpool over signing Robertson ahead of next Monday's transfer deadline, with reports suggesting the deal was in the region of £5million for a player who is out of contract at the end of the season.

There was speculation the Reds were looking to recall Kostas Tsimikas from a season-long loan at Roma to provide cover for first-choice left-back Milos Kerkez.

But Liverpool, who have several defensive injuries, have assessed their options and decided he is not for sale.

It means Robertson – who had not agitated for a move away from Anfield – is expected to play out the remainder of the season at Liverpool before, as it stands, leaving on a free transfer in the summer.

SEE PULLOUT: P6-7

Foxes get Marti out

BY **JORDAN BLACKWELL**

MARTI CIFUENTES has been sacked as Leicester City manager after just six months in charge.

Saturday's home defeat to Oxford proved to be the final straw for the Spaniard, who won just 10 of his 29 Championship fixtures and leaves with City 14th in the table.

Fans turned on Cifuentes on Saturday, chanting "We want Marti out", in front of Foxes chairman Aiyawatt 'Top' Srivaddhanaprabha.

Cifuentes' fate was decided at a board meeting yesterday. While City look for a new boss, first-team coach Andy King will take charge.

SQUEAKY GUN TIME

Mikel's mob starting to look nervy at home

SAMBA SIZZLER
Matheus Cunha celebrates his late winner

BY **JOHN CROSS**

ARSENAL	**2**
Martinez 29 (og), Merino 84	
MAN UNITED	**3**
Mbeumo 37, Dorgu 50, Cunha 87	

THE problem is that Arsenal fans have seen this story before.

And maybe that explains why the whole of the Emirates – the fans and the players – felt so painfully nervous as their title challenge took a serious blow after this five-goal thriller.

You have to give huge credit to Manchester United because, in the space of eight days, Michael Carrick's new regime has beaten the best two teams in the country. Manchester City last week and now Arsenal.

But the bigger concern for the Gunners must be that one terrible mistake – a kamikaze back pass by Martin Zubimendi (inset) to let in Bryan Mbeumo for the equaliser – should turn the whole place into a nervous wreck.

Arsenal started the weekend seven points clear, but City and Aston Villa both winning reduced the gap to four, and it felt as if Mikel Arteta's men could not handle the pressure. They are still four clear at the top, but they look anything but dead certs.

They buckled in the face of a sensational United performance when Carrick outwitted Arteta as Matheus Cunha's sensational late winner capped a much deserved and brilliant away victory.

The Gunners have not won the title for 22 years – and it shows. The pressure and expectation levels of being anointed champions-elect in January looks to be weighing heavily on their shoulders.

Arsenal have blown leads at the top in two of the last three title races and you can sense the anxiety among the fans that it could be about to happen again. Arsenal have not won in their last three Premier League games.

United could sense the anxiety – and they feasted on it. If the Gunners cannot handle it in January, then you dread to think what it could be like in April and May.

A week on from their demolition derby against City, United were terrific again. Well-organised, disciplined and defiant. Carrick is a rookie manager and it is early days, but the interim is putting on one hell of an audition.

Arsenal took a 29th-minute lead when Piero Hincapie's cross was not cleared, Bukayo Saka produced a lovely piece of skill to bring the ball down and Martin Odegaard fired towards goal.

Jurrien Timber tussled with Lisandro Martinez and the United defender was credited with an own goal when it looked like the Arsenal full-back's shot was decisive. But rather than build on that lead, Arsenal lost their nerve. They got sloppy and made mistakes. Mbeumo wasted an opening, while Bruno Fernandes slashed another one wide.

They need not have worried. Zubimendi's shocking back pass was an open invitation for Mbeumo, who duly rounded Arsenal keeper David Raya and slotted into the net.

It got even worse five minutes after the restart. Fernandes' pass found Patrick Dorgu, who slashed home a sensational shot in off the bar.

Arsenal did get themselves level. Saka's corner caused chaos in the box, United keeper Senne Lammens made a poor punch and substitute Mikel Merino forced home an 84th-minute equaliser.

That was Arsenal's 26th set-piece goal in all competitions. But the drama had not finished. And Carrick ended up outwitting Arteta with the best sub of all.

United supersub Cunha stormed forward, was given too much space and curled a stunning shot into the far corner. Incredibly, that was the first time Arsenal had conceded three goals in a Premier League game since a 4-3 win at Luton in December 2023.

The Premier League's meanest defence had been rattled and undone and Arsenal's midfield and forwards did not have the answers either.

PREMIER LEAGUE

	P	W	D	L	F	A	Pts
Arsenal	23	15	5	3	42	17	50
Man City	23	14	4	5	47	21	46
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Liverpool	23	10	6	7	35	32	36
Fulham	23	10	4	9	32	32	34
Brentford	23	10	3	10	35	32	33
Newcastle	23	9	6	8	32	29	33
Sunderland	23	8	9	6	24	26	33
Everton	22	9	5	8	24	25	32
Brighton	23	7	9	7	33	31	30
Bournemouth	23	7	9	7	38	43	30
Tottenham	23	7	7	9	33	31	28
Crystal Palace	23	7	7	9	24	28	28
Leeds	22	6	7	9	30	37	25
Nottm Forest	23	7	4	12	23	34	25
West Ham	23	5	5	13	27	45	20
Burnley	23	3	6	14	25	44	15
Wolves	23	1	5	17	15	43	8

1-0

Martinez battles with Timber as the ball hits his foot and goes in for an own goal

PREMIER LEAGUE

ARSENAL		MAN UNITED
56%	POSSESSION	44%
4	SHOTS ON TARGET	3
5	SHOTS OFF TARGET	5
440	TOTAL PASSES	356
9	CORNERS	2
3	OFFSIDES	0
11	FOULS	9
🟥 0 🟨 2	CARDS	🟨 0 🟥 0

REF: Craig Pawson **ATT:** 60,296

LINE-UPS

ARSENAL (4-3-3): Raya; Timber, Saliba, Gabriel, Hincapie (White 57); Zubimendi (Eze 58), Rice, Odegaard (Merino 58); Saka, Trossard (Madueke 75), Jesus (Gyokeres 57).

MAN UNITED (4-2-3-1): Lammens; Dalot, Maguire, Martinez, Shaw; Casemiro, Mainoo; Diallo (Mazraoui 88), Fernandes, Dorgu (Sesko 81); Mbeumo (Cunha 68).

MAN OF THE MATCH
BRUNO FERNANDES

1-1

Mbeumo skips round Raya before rolling the ball into the empty Arsenal net

DALOT
2
DORGU
13

1-2

Dorgu lets rip with a stunning left-foot shot that flies past Raya into the top corner

GABRIEL
6
MAINOO
37

2-2

Merino smuggles the ball over the line after a goalmouth scramble from a late corner

2-3

Cunha wraps his foot around the ball to send it curling into the bottom corner

'No need for us to panic yet'

FROM BACK PAGE sensational late winner to make it two straight wins for interim boss Carrick as the Emirates suffered a case of the jitters.

But Gunners boss Arteta said: "That's part of the demands and expectations that we want to win, and that's it. Individually, everybody can react in the manner that they need to.

"It (the reaction of the fans) doesn't matter. We have to do more, there's nothing else. We have to do our very best.

"When you do that, you can rest in peace.

"Today, we certainly tried to do our very best, but we weren't efficient enough against a team that is very well organised and we got punished because of our own mistakes as well."

Gunners skipper Martin Odegaard said: "It was not good enough from us and we need some time to analyse it."

Delighted United boss Carrick said: "The boys have been fantastic in terms of taking things on, wanting to do it and investing into it.

"You can see what it means to them at the end. I'm really proud of them, it's obvious to say but it's a tough place to come. Especially with the way the game flowed we stuck at it and it was a fantastic feeling at the end."

Despite beating Arsenal and Manchester City in consecutive weeks, Carrick insisted his position has not changed.

He said: "I've been here less than two weeks and I'm desperate to do well and improve the team and finish as high as we can. And having days like this and last week is something you get greedy for and we want to keep building on this for weeks to come.

"To give the fans something to shout about on days like this is what it's all about."

DAILY EXPRESS
SPORT
express.co.uk/sport

HARRY'S No.1 FAN

Root is backing Brook to become a great leader

SRI LANKA SERIES: P44

REED CAN LIV FREE

Captain America is out of contract with Saudi tour

DUBAI DESERT CLASSIC: P47

ARSENAL 2 3 MAN UTD

MAT FINISH Matheus Cunha celebrates his stunning winner to delight Michael Carrick (below)

THE TOP SIX	P	W	D	L	Pts
Arsenal	23	15	5	3	50
Man City	23	14	4	5	46
Aston Villa	23	14	4	5	46
Man Utd	23	10	8	5	38
Chelsea	23	10	7	6	37
Liverpool	23	10	6	7	36

CUNHA BELIEVE IT!

United supersub blows title race wide open...but Arteta insists Arsenal won't panic

BY **JOHN CROSS**

MIKEL ARTETA insists Arsenal are not in the mood to panic despite Manchester United blowing the title race wide open.

Michael Carrick's rejuvenated United inflicted a first home defeat of the season on the Gunners and the gap at the top is down to just four points from Manchester City and Aston Villa.

United supersub Matheus Cunha hit a

TURN TO PAGE 51, COLUMN 8

HOWE: WE CAN'T BUY QUICK FIX

NEWCASTLE	0
ASTON VILLA	2

BY **LEE RYDER**

NEWCASTLE boss Eddie Howe has warned there is no magic solution to his side's attacking problems in the transfer window.

Howe recently stated "finances" would dictate his options beyond bringing in a back-up defender.

And asked if the lack of a playmaker like Aston Villa's Emiliano Buendia (above), one of Toon's chief tormenters at St James' Park, was harming his own side, Howe made it clear that there will be no changes to

TURN TO PAGE 48, COLUMN 5

DAILY EXPRESS
Fever Pitch
ALL THE BEST ACTION, REACTION AND ANALYSIS
ROSEY'S BLUES IN BLOOM
Chelsea boss Rosenior has the fans singing
CRYSTAL PALACE 1
CHELSEA 3
REPORT: PAGES 2-3

YOUR PULLOUT FREE INSIDE

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Puzzles

SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions tomorrow**

EASY

3	4				6		2	8
8				5	4		1	
		5				6		
9		3	4	6			7	5
		6			7	1		
7	8			3	2			
		4			5			
	3		1	7			4	6
2	9		6				5	1

MEDIUM

		7		2		1		
5			3		8			9
	6			4			7	
7	2						6	1
		6		8		4		
9	4				1		2	8
	8			6			1	
6			5		2			7
		1		9			5	

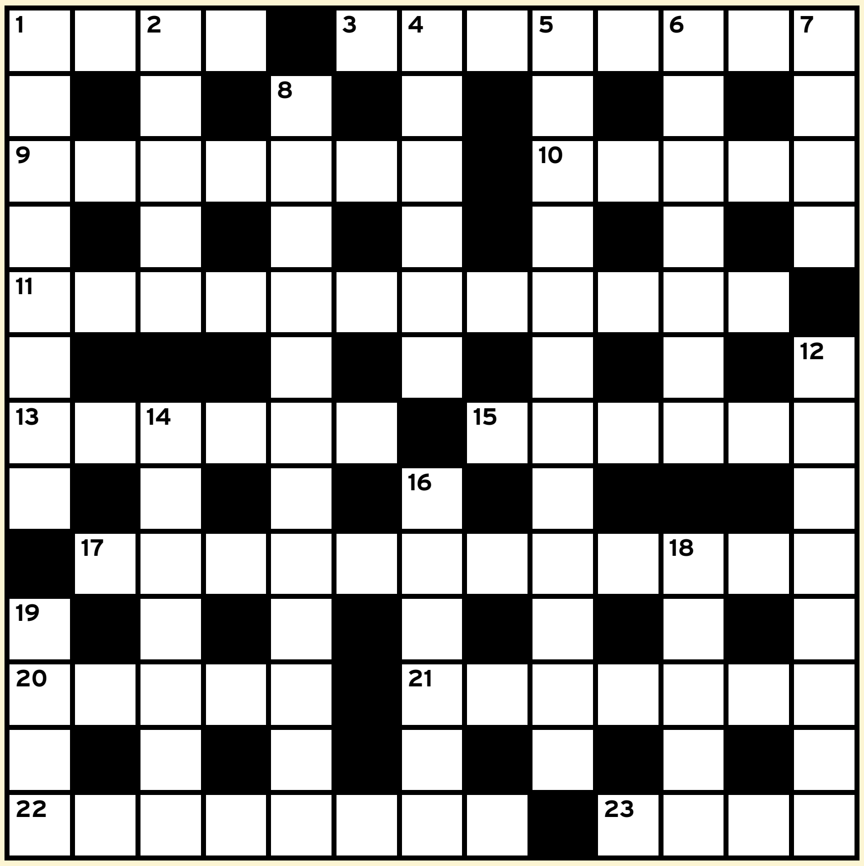
DIFFICULT

8		6				4		
	1		9				6	
		3			7			
	3	1	4				2	
		7		1		5		
					9	8	7	
3			5			6		
					2		9	
		2				3		4

Extra clues:
0901 322 5609
**Calls cost 75p plus your telephone company's network access charge.*

Today's solution:
0907 181 2573
**Calls cost 80p per minute plus your telephone company's network access charge.*

QUICK CROSSWORD



ACROSS
1 Action (4)
3 Friendly (8)
9 Dead (7)
10 Push with elbow (5)
11 Averse to change (12)
13 Cause to fall (6)
15 Impassive (6)
17 Collect in a mass (12)
20 Pure (5)
21 Prosper (7)
22 Highly skilful (8)
23 Staunch (4)

DOWN
1 Inscribe to (8)
2 Mischievous (5)
4 Cause (6)
5 Parliamentary district (12)
6 Torment (7)
7 Always (4)
8 Wit (12)
12 Appendix (8)
14 Avow (7)
16 Titbit (6)
18 Ward off (5)
19 Dross (4)

Solution tomorrow

Stuck on the puzzle? Call **0905 789 4188** to hear individual clues or the full solution

Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd – **Helpline 0333 202 3390*

CROSS DOUBT

Target times: Average: **20 mins** Good: **16 mins** Excellent: **12 mins**

Stuck? Call for a clue
0901 322 5601
Halve your Target Time!

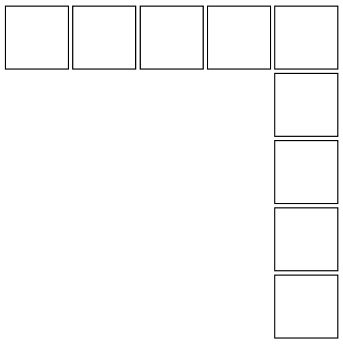
Today's solution
0901 322 5607
Both today's words in a moment!

**Calls cost 75p plus your telephone company's network access charge.*

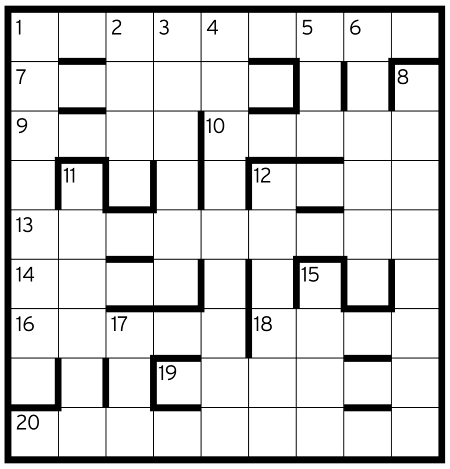
Can you make two common five-letter words from the nine letters given, using each letter only once? You can – but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover – but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. **Solution tomorrow**

C E E H H K L O S



SMALL CROSSWORD



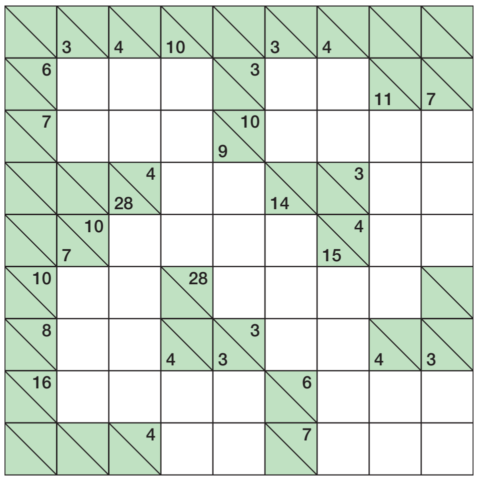
ACROSS
1 Conquer by force (9)
7 Rescind (6)
9 Stylish (4)
10 Town in Bedfordshire (5)
12 Fizzy drink (4)
13 Desiring success (9)
14 Throw dice (4)
16 Release from military service (5)
18 Not one (4)
19 Nearer (6)
20 Hazardous (9)

DOWN
1 Crash rod (anag.) (8)
2 Long narrative poem (4)
3 Spring back (6)
4 Pleasant to taste (9)
5 Moist (3)
6 Mass departure (6)
8 Teeth, informally (8)
11 Single-celled organism (6)
12 Italian equivalent of Mister (6)
15 Average (2-2)
17 Blokes (3)

Solution tomorrow

For today's solution call:
0907 181 2582
**Calls cost 80p per minute plus your telephone company's network access charge.*

KAKURO



Fill each sequence of blank squares using the numbers 1-9. Each sequence – across and down – must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

Solution tomorrow

Puzzles

WIN £250

BIG MONDAY CROSSWORD

ACROSS

1 Capital and most populous city of Cambodia, formerly known as Krong Chaktomuk ('City of Four Faces') (5,4)

5 Small flowering plant genus of the buttercup family (Ranunculaceae) named from the Latin for 'liver' (8)

9 Character played by Carrie-Anne Moss in the Matrix film franchise (1999-2021) (7)

10 Oldest and smallest constituent college of Cambridge University, founded in 1284 (10)

11 English theoretical physicist and Nobel Laureate (1902-1984) who predicted the existence of antimatter and the positron (4,5)

12 Muse who inspired the 366 poems of the Canzoniere by 14th-century Italian poet Petrarch (5)

13 Goddess of the earth and mother of the Titans in Greek mythology, identified with the Roman Tellus (4)

15 Invisible spirit of the air, as described by the 16th-century Swiss physician and alchemist Paracelsus (5)

17 In opera and oratorio, a composition for solo voice combining elements of a recitative and aria; from Italian, 'airy' (6)

19 Scottish footballer who managed Manchester United from 1945 to 1969 and 1970 to 1971 (4,5)

21 British author of children's novels including The Gremlins (1943) and The Minpins (1991) (5,4)

22 Henchman of the James Bond villain Auric Goldfinger, played on screen by Harold Sakata in 1964 (6)

23 Most abundant form of sedimentary rock, followed by sandstone and limestone (5)

27 'If music be the food of ___, play on' (Shakespeare Twelfth Night (1601) act 1, sc. 1, l. 1) (4)

28 Standard North American term for a piebald horse (5)

29 Principal church of a diocese, in which the bishop's throne is located (9)

33 First of the synthetic chemical elements, produced in 1937 and named from the Greek for 'artificial' (10)

34 Dog type whose breeds include the Dutch Kooikerhondje and the French papillon (7)

35 Digitisation of cinema film for broadcast on television, or the apparatus by which it is accomplished (8)

36 Rare shaggy-coated antelope of sub-Saharan Africa (Tragelaphus spekei) also known as the marshbuck (9)

DOWN

1 1945 opera by Benjamin Britten, with a libretto by Montagu Slater based on a section of George Crabbe's narrative poem The Borough (5,6)

2 Short or knotted fibres extracted as waste in textile processing, as when combing wool or spinning silk (4)

3 US rapper, singer and actor born Armando Christian Pérez in 1981 (7)

4 Of or relating to the sense of touch (6)

5 Traditional form of yoga based on physical postures (asanas) and energy channelling; from Sanskrit, 'force' (5)

6 Currency subunit of Serbia worth one hundredth of a dinar (4)

7 England's second Poet Laureate, who succeeded his rival John Dryden in 1689 (6,8)

8 See 14

11 Chart-topping debut single by British-Jamaican reggae band Musical Youth, released in 1982 (4,3,7)

14 & 8 Down Longest-serving prime minister (1959-1976) and president (1976-2008) of Cuba (5,6)

16 Large violent sandstorm or dust storm of Sudan and elsewhere; from Arabic, 'to blow' (6)

17 Region and former province of northern France from which the adjective artesian derives (6)

18 Stage name of Australian operatic soprano Helen Porter Mitchell (1861–1931) (6,5)

20 Town of W Tanzania in which explorer Henry Morton Stanley reputedly asked "Dr Livingstone, I presume?" in 1871 (5)

24 Roman statesman and general whose fleet defeated the forces of Antony and Cleopatra at the Battle of Actium in 31 BC (7)

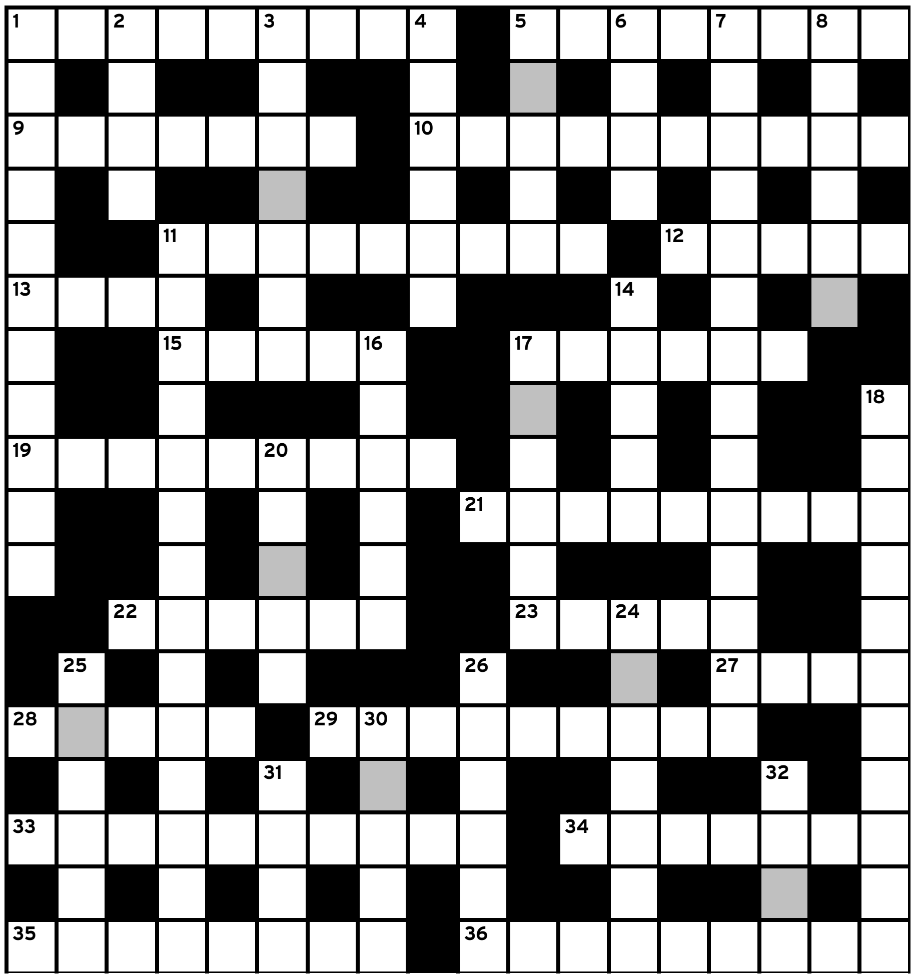
25 Ancient galley (warship) with two superimposed banks of oars on each side, used by the Phoenicians, Greeks, Romans etc. (6)

26 Ductless gland at the base of the neck that produces lymphocytes in children and becomes vestigial in adulthood (6)

30 Chief flavouring element of various alcoholic spirits including absinthe, ouzo and sambuca (5)

31 '[S]on of Melchi' who was the great-great-grandfather of Jesus (Luke 3:23-24) (4)

32 Legal right to retain possession of another's property pending their discharge of a debt (4)



NAME

ADDRESS

POSTCODE

TO WIN £250 CASH!

read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER CALL: 0904 161 1601

(£1.50 per call plus network extras)

Leave your answer and details, or text BIGXWORD followed by a space, your answer, name and address to 88833 (texts cost £1.50 plus your standard network rate) or just complete the crossword correctly and send it to: Daily Express, Prize Crossword (No 1137), PO Box 8694, Derby DE1 9TW Competition closes Friday, January 30, 2024 at 11:59pm. Winner picked at random from all entry routes after close date. NEED HELP? Call 0904 161 1602 for five extra clues! *Calls are £1.50 plus your telephone company's network access charge.

*SP: Spoke, 0333 202 3390.
For any postal enquiries, call this helpline.

STOP THE CLOCK

THE GREAT ALPHAPUZZLE™ TIME CHALLENGE

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

23	12	14	3	13	■	23	14	21	19	10	7	14
9	■	3	■	14	■	■	■	10	■	7	■	15
3	7	13	16	18	■	3	21	19	16	8	12	13
10	■	2	■	20	14	8	■	10	■	19	■	10
11	14	19	26	■	■	18	10	7	6	1	■	16
6	■	14	■	8	■	1	■	14	■	■	■	7
■	23	21	10	19	6	■	24	16	4	4	1	■
21	■	■	■	16	■	12	■	20	■	16	■	10
10	■	17	14	20	6	10	■	■	23	2	10	7
13	■	16	■	18	■	5	16	21	■	13	■	16
12	16	23	13	14	19	1	■	10	22	16	14	26
14	■	13	■	2	■	■	■	7	■	14	■	10
23	21	10	19	6	18	25	■	13	14	7	10	18

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

WIN £100

25 MINUTES

Can you beat today's time?

TACKLE the Alphapuzzle™ Challenge – and be in with a chance of a £100 cash prize. FIRST, call the number below and note today's CLUE LETTERS and your unique PIN NUMBER to set your personal stop-watch running. Then, use the clue letters to work out the word in the green squares. When you crack the mystery word, call again and enter your pin number to STOP THE CLOCK. Winner selected at random from all correct entrants who beat the 25-minute Target Time. Each grid number represents a different letter. All 26 letters of the alphabet are used.

Solution next Monday

0907 181 2908

YOUR PIN No. _ _ _ _ _ _

**Calls cost 80p per minute plus your telephone company's network access charge. Lines close 23:59 every Sunday.*

£100 Winner (12 Jan):
P Winter, Wellington.

LAST WEEK'S SOLUTION Across: Cat, Archive, Attar, Magenta, Silicon, Dusty, SQUEAK, Bronze, Joker, Ailment, Problem, Chafe, Snowing, Eye. **Down:** Chassis, Jape, Total, Unknown, Armchair, Law, Remind, Salmon, Hag, Derelict, Venison, Evade, Lady, Extreme.

BIG MONDAY CROSSWORD SOLUTION AND WINNER

Monday January 12

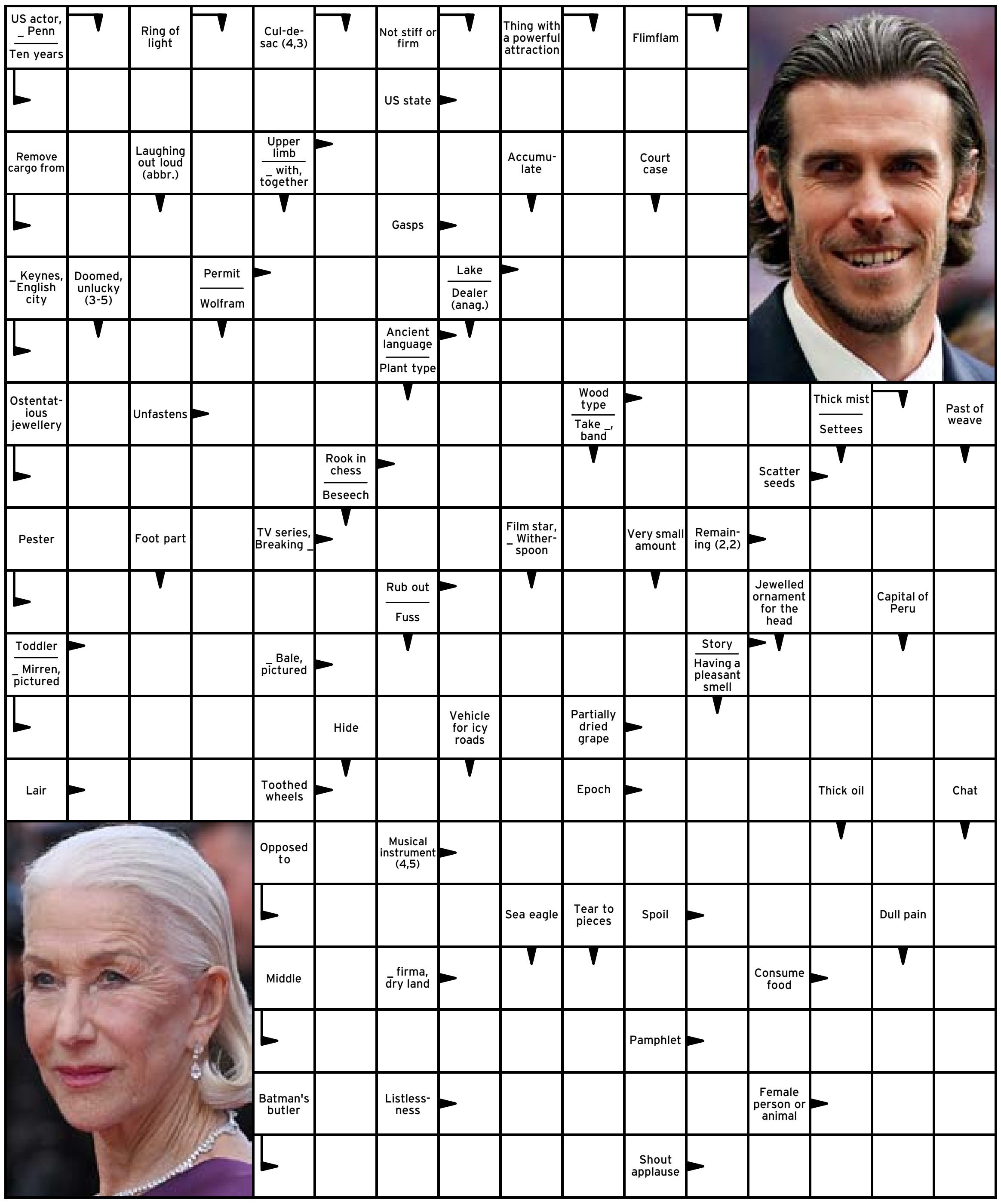
£250 WINNER:
D Chapman, Dorset

■	H	E	A	R	T	B	U	R	N	■	H	E	N	R	Y	■	■
E	■	I	■	■	H	■	G	■	E	■	A	■	■	H	■	■	F
T	A	F	F	R	A	I	L	■	U	■	I	N	T	E	G	E	R
O	■	F	■	■	N	■	I	■	R	■	N	■	■	S	■	■	A
N	■	E	■	■	E	■	■	■	O	R	A	N	G	U	T	A	N
M	A	L	A	R	■	S	I	L	T	■	U	■	■	S	■	■	K
E	■	T	■	O	■	A	■	■	O	■	T	■	■	■	■	■	I
S	N	O	W	B	A	L	L	■	M	■	■	R	U	N	C	I	E
S	■	W	■	E	■	E	■	■	Y	A	M	■	R	■	O	■	■
■	■	E	■	R	■	M	O	A	■	■	U	■	A	■	M	■	C
P	A	R	I	T	Y	■	■	R	■	A	N	A	L	E	M	M	A
U	■	■	■	■	■	F	■	I	■	■	I	■	I	■	A	■	R
R	■	■	F	■	■	R	■	S	U	E	Z	■	C	A	N	A	L
C	O	T	A	N	G	E	N	T	■	■	■	J	■	■	D	■	J
E	■	■	F	■	■	M	■	I	■	M	■	O	■	■	M	■	U
L	E	O	N	A	T	O	■	D	■	E	I	N	S	T	E	I	N
L	■	■	I	■	■	N	■	E	■	S	■	A	■	■	N	■	G
■	■	F	R	U	I	T	■	S	P	A	G	H	E	T	T	I	■

ARROW-WORD

Arrow-words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.

Solution tomorrow


US actor, _ Penn
Ten years
Ring of light
Cul-de-sac (4,3)
Not stiff or firm
Thing with a powerful attraction
Flimflam
US state
Remove cargo from
Laughing out loud (abbr.)
Upper limb
_ with, together
Accumulate
Court case
Gasps
_ Keynes, English city
Doomed, unlucky (3-5)
Permit
Wolfram
Lake
Dealer (anag.)
Ancient language
Plant type
Ostentatious jewellery
Unfastens
Wood type
Take _, band
Thick mist
Settees
Past of weave
Rook in chess
Beseech
Scatter seeds
Pester
Foot part
TV series, Breaking _
Film star, _ Witherspoon
Very small amount
Remaining (2,2)
Rub out
Fuss
Jewelled ornament for the head
Capital of Peru
Toddler
_ Mirren, pictured
_ Bale, pictured
Story
Having a pleasant smell
Hide
Vehicle for icy roads
Partially dried grape
Lair
Toothed wheels
Epoch
Thick oil
Chat
Opposed to
Musical instrument (4,5)
Sea eagle
Tear to pieces
Spoil
Dull pain
Middle
_ firma, dry land
Consume food
Pamphlet
Batman's butler
Listlessness
Female person or animal
Shout applause

WORDSEARCH

F	M	U	S	T	L	O	V	E	D	O	G	S	H	J
R	A	Q	N	W	H	I	T	E	F	A	N	G	S	L
A	M	D	O	D	E	F	Z	Q	T	M	A	B	N	A
N	A	Z	O	F	E	X	O	A	M	L	V	E	O	S
K	R	M	J	G	R	R	G	O	L	Z	V	S	W	S
E	L	C	U	J	S	K	D	I	K	O	A	T	D	I
N	E	Q	U	E	F	P	W	O	H	J	K	I	O	E
W	Y	D	S	J	U	N	U	T	G	C	S	N	G	C
E	A	G	H	C	O	E	E	R	O	Q	W	S	S	O
E	N	T	D	R	Q	E	F	G	P	J	P	H	Y	M
N	D	A	I	R	B	U	D	L	E	O	L	O	B	E
I	M	E	P	E	E	O	U	H	U	P	S	W	E	H
E	E	R	N	J	A	V	L	A	W	K	W	E	N	O
B	J	B	A	L	T	O	R	T	P	Z	E	A	J	M
E	I	G	H	T	B	E	L	O	W	A	Z	A	I	E

FILMS ABOUT DOGS

Find all the terms listed below in the grid.

Solution tomorrow

A DOG'S PURPOSE ● AIR BUD ● BALTO
BEETHOVEN ● BENJI ● BEST IN SHOW
BOLT ● CUJO ● EIGHT BELOW
FLUKE ● FRANKENWEENIE ● IRON WILL
LASSIE COME HOME ● MARLEY AND ME
MUST LOVE DOGS ● SNOW DOGS
UNDERDOG ● WHITE FANG

FRIDAY'S SOLUTIONS

THE ALPHABEATER

Black squares: 1, 4, 7, 8, 9, 12, 15, 19, 21, 24, 26, 31, 32, 38. **Across:** Without, Charge, Enraged, Dermal, Jarred, Toped, Union, Frivol, Zombie, Racquet, Rankly, Snivels. **Down:** Wreck, Buzzard, Teriyaki, Minx, Principle, User, Edify, Pawn, Chieftain, From, Protrude, Ceilidh, Votes.

THE ALPHAPUZZLE

Across: Leek, Cenotaph (clue), Chariot, Blitz, Otter, Astray, Squash, Jigsaw, Gather, Vegan, Opium, Genteel, Humanity, Star. **Down:** Lacrosse, Posh, Exact, Uranium, Citrus, Human, Entrap, Fright, Orbit, Invent, Animals, Great, Haze, Swindler.

TV CROSSWORD

Across: 1 Davro, **6** Anna, **8** Baywatch, **10** Death, **11** Naomi, **12** Napier, **15** Need, **16** Mickey, **17** Pops, **19** Nicolas, **21** Life, **22** Angel. **Down: 2** Alia, **3** O'Brien, **4** Cain, **5** Christian, **6** A Secret, **7** Ash, **9** You Keep, **13** Rome, **14** Michelle, **17** Paul, **18** Sale, **20** Can.

TV show: Fireman Sam

ARROW-WORD

Across: Alaska, Toil, Arts, Robe, Joe, Arms, Scat, Ilk, Josh, Apt, Levy, Storage, Amps, Scorsese, Any, Imps, Owner, Noah, Egg, More so, Sac, Nasal, Heists, Ago, Gnu, In tow, Wakeup, Son. **Down (left to right):** Out, Caw, Omega, Mattress, O'Connor, Ink, So-so, Char, Rye, Ensue, Ski, Baa, Ass, Resat, Alberta, Gossip, Pleasing, Site, Memo, Slats, VIP, Para, Goo, Key, Sash, Crown. **Shaded letters:** La Chimera

WORDS

VERSO

MUDDLESOME

Tinker, Tailor, Soldier, Spy
A Perfect Spy
The Russia House

CLOCK-WISE

Mama, Mate, Teal, Also, Soso, Soma

QUIZ OF THE WEEK

1 Wales, **2** New York, **3** 18, **4** 1940s, **5** Portuguese, **6** Verona, **7** Three, **8** Nicole Kidman, **9** Lee, **10** Heptagon.

DITLOIDS

1 4 Chambers in a Heart,
2 Catch 22 by Joseph Heller,
3 25 Cents in a Quarter,
4 5 O'clock Shadow,
5 1 Foot in the Grave,
6 38 Plays by William Shakespeare

TRIVIA WORDSEARCH

1 Venice, **2** Beetham Tower, **3** Royal Hospital, **4** Grand Union, **5** Ratae, **6** Wensum, **7** Paxton, **8** Alf Garnett, **9** Henry Percy, **10** Charles Grey

SUMTHING

3+7=10, 6x4=24, 9x3=27

SMALL CROSSWORD

Across: 1 Disappear, **7** Ends, **8** Tense, **10** Tom, **11** Purses, **13** Elevation, **14** Attend, **16** Axe, **18** Tinge, **19** Lion, **20** Extending. **Down: 1** Desperate, **2** Insult, **3** Asks, **4** Pet, **5** Entries, **6** Reminding, **8** Theatre, **9** Present, **12** London, **15** Told, **17** Age.

CROSS DOUBT

Across: GROUP
Down: GROAN

SUDOKU EASY

9	2	1	4	5	6	8	7	3
8	6	7	9	2	3	4	5	1
3	4	5	7	1	8	6	9	2
4	7	9	8	6	1	2	3	5
1	8	2	5	3	9	7	4	6
6	5	3	2	7	4	1	8	9
2	3	4	1	8	5	9	6	7
7	9	6	3	4	2	5	1	8
5	1	8	6	9	7	3	2	4

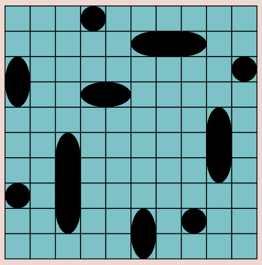
SUDOKU MEDIUM

2	7	8	1	3	9	4	6	5
6	9	1	2	4	5	7	3	8
5	4	3	6	8	7	2	1	9
9	5	2	3	6	1	8	7	4
4	3	7	8	5	2	1	9	6
8	1	6	7	9	4	5	2	3
1	8	4	9	7	6	3	5	2
7	6	5	4	2	3	9	8	1
3	2	9	5	1	8	6	4	7

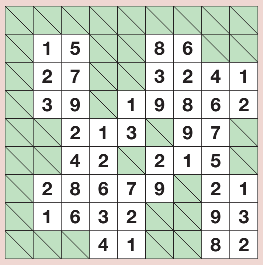
SUDOKU DIFFICULT

7	2	8	5	6	3	1	9	4
4	6	5	9	7	1	8	3	2
9	3	1	4	2	8	5	7	6
2	9	7	1	4	6	3	8	5
6	1	3	8	5	9	4	2	7
8	5	4	7	3	2	9	6	1
3	8	6	2	1	5	7	4	9
1	7	9	6	8	4	2	5	3
5	4	2	3	9	7	6	1	8

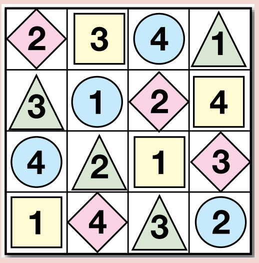
BATTLESHIPS



KAKURO


1 5 8 6
2 7 3 2 4 1
3 9 1 9 8 6 2
2 1 3 9 7
4 2 2 1 5
2 8 6 7 9 2 1
1 6 3 2 9 3
4 1 8 2

KEIJO


2 3 4 1
3 1 2 4
4 2 1 3
1 4 3 2

QUICK CROSSWORD

Across: 6 Crumble, **7** Smear, **9** Ace, **10** Sedentary, **12** Benediction, **15** Predecessor, **17** Destitute, **19** Ire, **21** Donor, **22** Painter. **Down: 1** Brace, **2** Imp, **3** Else, **4** Imitation, **5** Warrior, **8** Remiss, **11** Perdition, **13** Excite, **14** Freedom, **16** Order, **18** Tray, **20** Inn.

TARGET

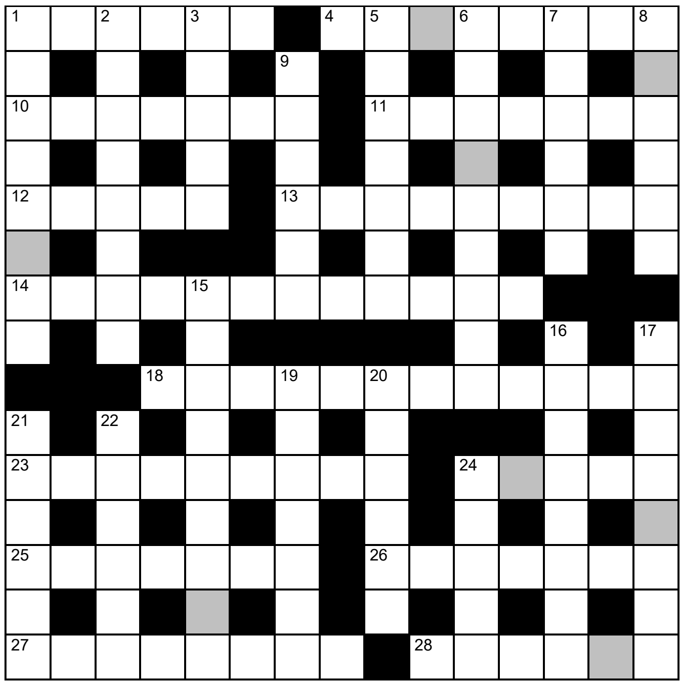
CONJOINED
code, coined, condone, cone, coned, CONJOINED, conned, cooed, dice, dine, done, enjoin, iced, joined, neon, nice, nine, node, nonce, none, once

Puzzles

CRUSADER PRIZE CROSSWORD

ACROSS
1 Favoured removing middle tree (6)
4 Praised for working outside – pressure told (8)
10 Doubly depressed by information (3-4)
11 Tear-jerker accommodating irrational belief (7)
12 Tries desperately to take exam again (5)
13 Fashionable glee about worker being clumsy (9)
14 Horse in full colour, holding top of bridle (12)
18 Narration singular politician finds significant (12)
23 Company note managed to turn to anger (9)
24 Second colour shows period of time (5)
25 Left his dad out for being rowdy (7)
26 Our Tim's off sightseeing (7)
27 Weight on silver point? That's a long time ago (5,3)
28 The first there loosened tie (6)

DOWN
1 Correspondence has nothing left for contradiction (8)
2 Source of loans making pieces jump (8)
3 After a day, choose to acquire (5)
5 Saying expert is having a word (7)
6 After pay increase, he will run riot (5,4)
7 Pairs forming large shape (6)
8 Give professor wrong tea (6)
9 Not initially succeeding in part of a baseball game (6)
15 Prominent former pupil with foolish virtues (9)
16 Attractive person seen to accept skirt, then decline (8)
17 Encourage new remit for kitchen appliance (3,5)
19 A swine behind the wheel? (4,3)
20 Deal with unknown formal agreement (6)
21 Room to put huge instruments (6)
22 Small flat for an artist (6)
24 Salsa? Cheek! (5)



WIN £100 CASH

FOR YOUR CHANCE TO WIN
Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 3700** (calls cost £1.50 plus your telephone company's network access charge) and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **88833** (texts cost £1.50 plus your standard network rate). Lines close at midnight Saturday. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, January 26, PO Box 8694, Derby DE1 9TW. Entries must be postmarked by January 27 at the latest. For any postal enquiries, call helpline number. SP: Spoke – 0333 202 3390.
An extra day is given for postal entries during bank holidays.

● ***One weekly winner will be the first random correct entry drawn from all entry routes after the closing date of midnight Saturday. Competition runs Sunday to Saturday. The Editor's decision is final.***

NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME

ADDRESS

POSTCODE

LAST THURSDAY'S SOLUTION

ACROSS: 1 Reluctant, 6 Feud, 10 Nadir, 11 Centurion, 12 Genesis, 13 Rosette, 14 Decompression, 17 Misgovernment, 21 Adamant, 22 Phantom, 24 Poisonous, 25 Tense, 26 Seer, 27 Tudor rose. **DOWN:** 1 Renegade, 2 Laden, 3 Christmas carol, 4 Accuser, 5 Tenures, 7 Existence, 8 Dinner, 9 Question master, 15 Campanile, 16 Stampede, 18 Outpost, 19 Exposed, 20 Pampas, 23 Tango. **Prizeword:** Tensile

TARGET

L	Y	F
U	F	E
T	A	L

● *The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)*

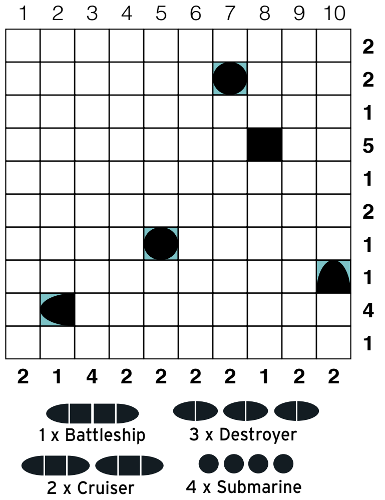
HOW many words of four letters or more can you make from the letters shown here?
In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in S permitted.

TODAY'S TARGET
Good 16; **very good** 24; **excellent** 32 **(or more).** **Solution tomorrow**

Call **0907 181 2585**
for today's Target solution
**Calls cost 80p per minute plus your telephone company's network access charge.*

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.
Solution tomorrow



THE ALPHABEATER

TARGET TIME: 36 minutes

CAN you crack the Alphabeater? Each grid number represents a letter – or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' – in other words, it looks the same if you turn the page upside down.
Solution tomorrow

Extra letter clues
0907 181 2560
(Deduct three minutes for each extra clue letter heard)
Full solution
0907 181 2558
**Calls cost 80p per minute plus your telephone company's network access charge.*

A B	1	3	32	7	18	11	26	18	40	18	20	16	12
C D	26	5	18	16	2	27	1	4	19	9	12	17	11
E F	38	21	9	6	28	32	35	33	20	21	25	21	26
G ~~H~~	15	18	29	21	13	2	24	27	7	11	3	19	28
I J	32	20	1	38	12	6	40	28	33	26	5	27	16
K L	22	8	18	16	1	9	30	33	7	9	28	38	31
M ~~N~~	21	30	10	38	8	22	18	8	5	24	25	36	27
O P	8	36	40	24	34	16	14	7	38	39	18	16	10
Q R	8	26	28	15	15	27	10	32	10	6	34	28	14
S T	33	6	26	6	14	20	17	35	28	33	13	26	12
U V	27	23	18	25	3	20	27	14	39	34	11	31	6
W X	17	19	26	34	30	21	36	15	16	28	29	27	13
Y ~~Z~~	37	28	12	20	27	8	8	17	12	24	38	10	30

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
				H								N							

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
			■					Z					■						

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT to 64343.** Texts cost £1 plus standard network rate.

WORD BUILDER

Solution tomorrow

Answer the clues so that each word contains the same letters as the previous word, plus or minus one.

1	☐☐☐	1 Bow
2	☐☐☐☐	2 Precipice
3	☐☐☐☐☐	3 Tobacco product
4	☐☐☐☐☐☐	4 Pungent bulb
5	☐☐☐☐☐	5 Holy cup
6	☐☐☐☐	6 Den
7	☐☐☐	7 Fall ill

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. **Solution tomorrow**
DIFFICULTY: 7/10; **TARGET:** 23 mins; **CLUE:** Does this beast span the river?

A B	8	16	4	26	21	20	11	14	■	■	21	■	8
~~C~~ D	4	■	17	■	26	■	18	■	14	16	26	8	4
E F	10	16	18	20	22	24	26	2	4	■	22	■	11
G H	4	■	26	■	4	■	11	■	26	■	24	26	22
I J	16	13	6	4	■	7	24	13	16	24	12	■	18
K L	■	■	5	■	2	■	4	■	6	■	■	■	16
M N	1	12	19	7	20	24	■	9	13	21	6	20	4
O P	26	■	■	■	5	■	8	■	25	■	16	■	■
Q R	11	■	23	26	5	13	18	16	■	3	13	13	10
S T	22	3	13	■	15	■	7	■	5	■	26	■	13
U V	12	■	21	■	13	18	22	3	26	16	8	5	19
~~W~~ X	4	8	20	10	19	■	4	■	3	■	4	■	4
Y Z	16	■	22	■	■	1	16	20	7	13	11	4	16

1	2	3	4	5	6	7	8	9	10	11	12	13
		W										

14	15	16	17	18	19	20	21	22	23	24	25	26
										C		

EXTRA LETTER CLUES: 0907 181 2568*
Hear up to six Extra Letters, deduct two minutes for each clue letter heard.
FULL SOLUTION: **0907 181 2565***
ACROSS ONLY: **0907 181 2561*** / DOWN ONLY: **0907 181 2562***
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ROSEY'S BLUES IN BLOOM

Chelsea boss Rosenior has the fans singing after 'a huge test'

CRYSTAL PALACE 1
CHELSEA 3

REPORT: PAGES 2-3

THREE AND EASY Joao Pedro (right) celebrates his goal with fellow scorers Estevao and Enzo Fernandez to give Liam Rosenior (below) another victory

TAIWO SHOWS FOREST HAVE STOMACH FOR THE FIGHT – P4-5

EUROSPOT

BARCA BACK ON TOP IN A FLURRY

BARCELONA	**3**
OVIEDO	**1**

La Liga

BARCELONA returned to the top of the table with a 3-0 victory over bottom side Real Oviedo.

After a below-par first half, three goals in 21 second-half minutes proved the difference.

Dani Olmo slotted into the bottom corner for the opener with Raphinha doubling the lead.

Lamine Yamal sealed the win which moved Barcelona a point clear of Real Madrid at the summit when he scored a sublime bicycle kick (above).

Barca boss Hansi Flick said: "It's clear that when we don't play at our best level, it gets difficult to win.

"We had problems, but I would like to highlight our good second half."

Atletico Madrid regained third place by beating Mallorca 3-0, which was the first time in six matches that Atletico had scored more than one goal.

Victory moved Diego Simeone's team three points ahead of Villarreal, who lost 2-0 to Real Madrid on Saturday.

HOTSHOT DAVID FUELLED BY LUC

JUVENTUS	**3**
NAPOLI	**0**

Serie A

JUVENTUS dealt Napoli's title defence a blow with a commanding win over the reigning champions.

Jonathan David hit his third goal (above) in four games to give Juve the lead. The Canadian chested down a pass over the top from Manuel Locatelli and pushed it in.

Juve midfielder Khephren Thuram hit the post, while Francisco Conceicao had a shot cleared off the line either side of David's opening strike.

Kenan Yildiz and Filip Kostic added second-half goals for Juventus to keep Napoli third, nine points off leaders Inter Milan.

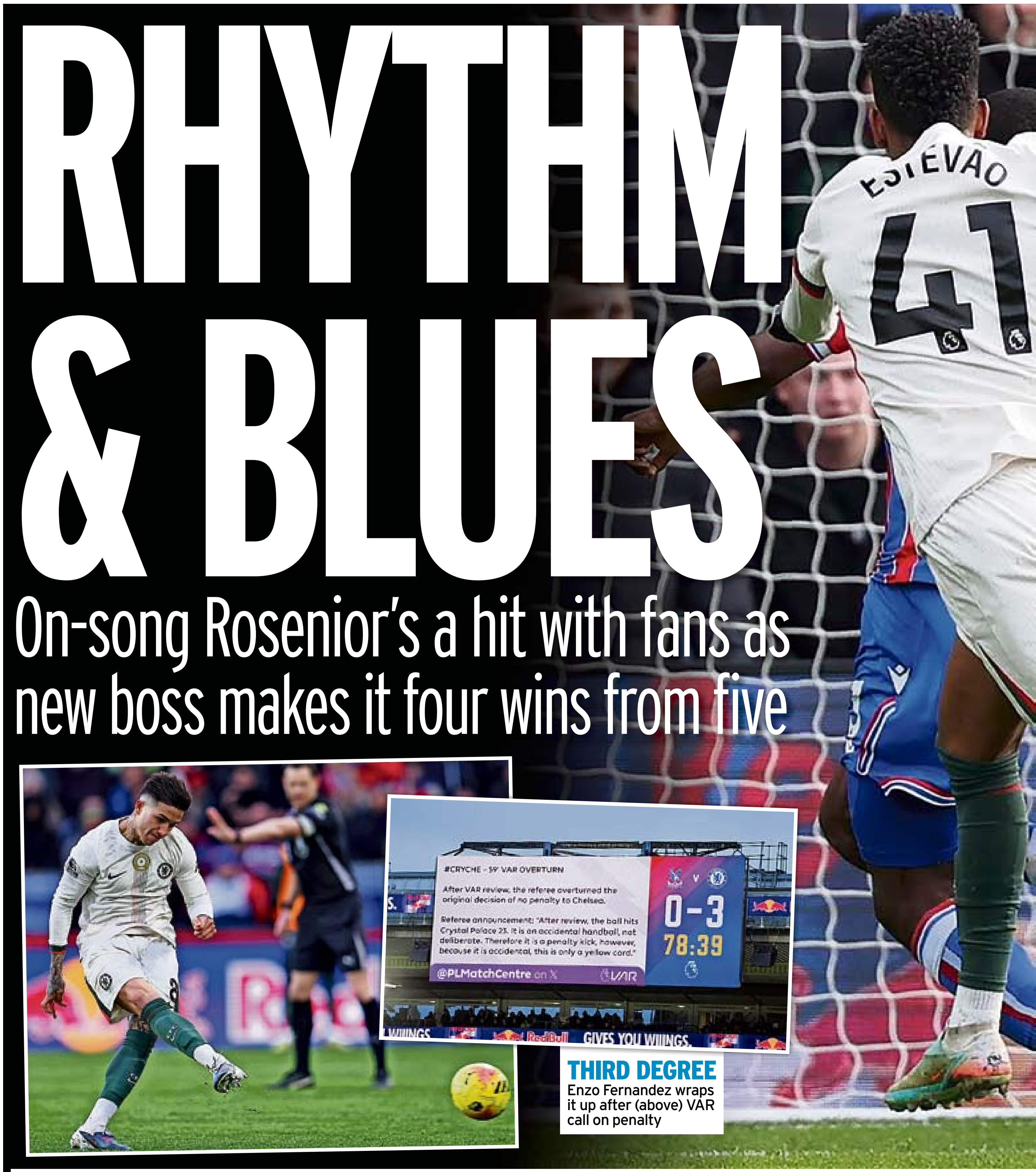
David praised Luciano Spalletti, who took over at the end of October.

The summer signing from Lille said: "He's had a huge impact, because he's a coach who demands a lot from his players.

"Time has helped me, because it's true that I had to adapt to a new city, a new style of football, a new team."

RHYTHM & BLUES

On-song Rosenior's a hit with fans as new boss makes it four wins from five



#CRYCHE - 59' VAR OVERTURN

After VAR review, the referee overturned the original decision of no penalty to Chelsea.

Referee announcement: "After review, the ball hits Crystal Palace 23. It is an accidental handball, not deliberate. Therefore it is a penalty kick, however, because it is accidental, this is only a yellow card."

@PLMatchCentre on X VAR

0-3
78:39

THIRD DEGREE
Enzo Fernandez wraps it up after (above) VAR call on penalty

CRYSTAL PALACE	**1**
CHELSEA	**3**

BY **RACHEL STEINBURG**

LIAM ROSENIOR felt Chelsea passed his latest test with flying colours after they beat 10-man Crystal Palace to secure their new boss a first Premier League away win.

Rosenior, who has now led the Blues to four wins from five in all competitions, also becomes their first boss since Graham Potter to walk away with six points from his first two top-flight encounters.

Estevao opened the scoring in the 34th minute before turning provider for Joao Pedro after the break, when Enzo Fernandez also added a penalty, but Rosenior was denied a clean sheet when Chris Richards nodded home a late consolation.

"I think today was a huge test," said Rosenior.

"I changed the shape I played and the performance they did today makes me very pleased because 95 per cent of the press and 95 per cent of the positioning was absolutely perfect.

"So they're engaged, I think they're believing in what they're doing. It's one game. We have to make sure that we're consistent in every game we play."

A slumping Jean-Philippe Mateta missed a good chance to open the scoring for Palace before Estevao took advantage of Jaydee Canvot's mistake to fire past newly-appointed Eagles captain Dean Henderson.

Joao Pedro doubled Chelsea's lead in the 50th minute when he cut inside Adam Wharton's sliding challenge to fire past Henderson.

The chances kept coming for Chelsea. Estevao was again denied by Henderson before Canvot found himself in more trouble.

Joao Pedro fired goalwards from close range and the ball looked first to have hit Canvot's hip before brushing his upper arm.

Referee Darren England turned to VAR and announced, after a long delay, that the verdict was an accidental handball.

It would nevertheless mean a conceded penalty and a yellow card – but no red.

Up stepped Fernandez, who made no mistake as he fired past Henderson into the bottom right.

The hosts' woes compounded when Wharton, who had been booked for the first time less than 10 minutes earlier, was sent off for a sliding challenge and a second yellow in the 72nd minute.

Brennan Johnson fired just wide for the Eagles two minutes later before Richards nodded in a ricocheted clearance from Robert Sanchez's earlier save.

Rosenior added: "I keep saying you can't get carried away. There's still things that we really need to correct quickly.

"I was not happy with our last 10 minutes. I felt we should have gone on to dominate the game further."

Blues fans were singing Rosenior's name post-match, with the boss recognising the connection with supporters.

He said: "It's two way, I have to earn that. I'm aware of that. Not just me, my staff, the players, the

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BATTLE OPENER

Estevao beats Dean Henderson to break the deadlock for the Blues

PREMIER LEAGUE

CRYSTAL PALACE		CHELSEA
43%	POSSESSION	57%
7	SHOTS ON TARGET	6
3	SHOTS OFF TARGET	3
430	TOTAL PASSES	582
77%	PASSING SUCCESS	85%
4	CORNERS	5
2	OFFSIDE	1
11	FOULS	10
1 🟥 2 🟨	CARDS	2 🟨 0 🟥

REF: Darren England

MAN OF THE MATCH

ESTEVAO

PREMIER TABLE

	P	W	D	L	F	A	Pts
Arsenal	23	15	5	3	42	17	50
Man City	23	14	4	5	47	21	46
Aston Villa	23	14	4	5	35	25	46
Man Utd	23	10	8	5	41	34	38
Chelsea	23	10	7	6	39	25	37
Liverpool	23	10	6	7	35	32	36
Fulham	23	10	4	9	32	32	34
Brentford	23	10	3	10	35	32	33
Newcastle	23	9	6	8	32	29	33
Sunderland	23	8	9	6	24	26	33
Everton	22	9	5	8	24	25	32
Brighton	23	7	9	7	33	31	30
Bournemouth	23	7	9	7	38	43	30
Tottenham	23	7	7	9	33	31	28
Crystal Palace	23	7	7	9	24	28	28
Leeds	22	6	7	9	30	37	25
Nottm Forest	23	7	4	12	23	34	25
West Ham	23	5	5	13	27	45	20
Burnley	23	3	6	14	25	44	15
Wolves	23	1	5	17	15	43	8

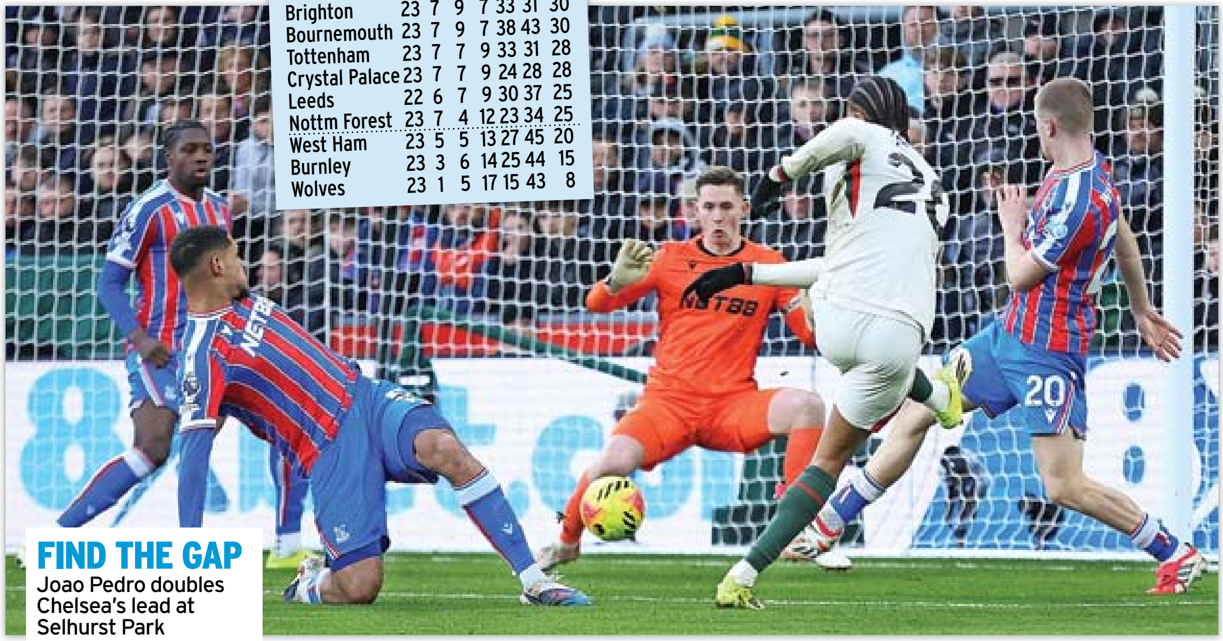
team, in our performances, and I hope over time I'll see that something good may happen here.

"The reason I get that today was the hard work of everyone on the training pitch, the hard work of the players on the pitch. It's not about me."

Joao Pedro said: "We knew this would be a tough game, they have a strong team.

"We knew we needed to win second balls and fight the whole game. We scored three goals, conceded, but get the three points."

C PALACE (3-4-2-1): Henderson; Canvot (Pino 65), Lacroix, Richards; Munoz (Riad 76), Wharton, Lerma, Mitchell (Sosa 65); Johnson (Hughes 76), Sarr; Mateta (Uche 85).
CHELSEA (4-2-3-1): Sanchez; James (Hato 81), Chalobah, Badiashile, Cucurella; Santos, Caicedo (Fofana 73); Estevao (Gittens 74), Fernandez, Pedro Neto (Gusto 74); Joao Pedro (Delap 85).



FIND THE GAP

Joao Pedro doubles Chelsea's lead at Selhurst Park

THANK YOU
Marc
Palace Legend
What a Player
What a Leader
What a Professional
What a Legend

GLASNER IN A STRUGGLE WITH PUZZLE

BY **RACHEL STEINBURG**

OLIVER GLASNER admitted Crystal Palace are "in transition" during a turbulent January.

Palace's winless run extended to 11 games with defeat to Chelsea, while the Eagles ended the game with 10 men following Adam Wharton's sending off.

France striker Jean-Philippe Mateta appeared to be the subject of scattered boos among the Palace support after the final whistle yesterday as he looks for an exit.

Palace have already lost former captain Marc Guehi to Manchester City and fans said their farewells (above) in their first home match without him.

And the club have also found themselves - as holders - dumped out of the FA Cup by non-League Macclesfield this month.

Glasner, who also last week announced his intention to leave when his deal expires this summer, said: "The club is in transition.

"Since when I arrived, now we have four starters who have gone, and it's not to blame anybody for this. It's Crystal Palace - for clubs like we are, it's normal.

"And then in a transition phase, there are some tough moments.

"But I think what characterises Crystal Palace and our fans is they always stick together and support each other."

Palace have not won since a 3-0 victory over Shelbourne on December 11.

Glasner added: "When you've not won in 10 games the nerves are very thin and then you are 1-0 down and the players are frustrated.

"I look at the team and 3-0 down, a red card, you can go out five or six nil, but we came back, scored a goal and made a fight of it. That shows the great character of the group and that gives me a lot of confidence this group will turn it around.

"Confidence is what you get from results. It is my job, my responsibility, with my staff, my group, to get this confidence back.

"I saw a lot of positives, but it's right to say, 'Where are the results?'

"That's what we have to get. It is up to us to find these puzzle pieces. There's no magician. I always believe in this group, these players, that we will turn it around."

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AMAZON

BORO WILL CARRY ON CONQUERING

MIDDLESBROUGH 4
PRESTON 0
Championship

TOMMY CONWAY insists ruthless Middlesbrough will keep going for the jugular after the Teessiders turned-up the heat on leaders Coventry.

Kim Hellberg's side cut the gap to the Sky Blues to three points with a comfortable fourth straight win against fading Preston.

Conway grabbed a brace to make it six this season as Alan Browne and Morgan Whittaker claimed the other goals.

Goal difference could prove crucial in the race for automatic promotion and Scotland striker Conway (right) said: "We were on top from the start and it was a matter of can we go and get more goals?

"When I'm scoring, the confidence is flowing and hopefully the goals will come in their numbers.

"We made sure we didn't take our foot off the gas. We wanted to go for three, four, five – we don't want to settle for two and let teams come on to us. We're building something special this season and hopefully we can keep going."

Jordan Storey's red card early in the second-half didn't help Preston's cause as they fell out of the top six after a third straight loss.

Boss Paul Heckingbottom said: "I want players in [this month]. It's up to me to pick the team and maybe move people in and out. I can't accept we've come here and, just because they're a good side, rolled over."

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REIGN FOREST

Jesus puts Forest a goal to the good after 12 minutes at Brentford

BRENTFORD 0
N FOREST 2

BY **ANDY SIMMS**

RARE goals from Igor Jesus and Taiwo Awoniyi eased relegation fears as Nottingham Forest became only the second side this season to beat Brentford in their own backyard

Jesus upstaged his fellow Brazilian striker Igor Thiago with just his second Premier League goal of the season, before substitute Awoniyi broke his duck for the campaign.

They were vital goals for Forest as they restored their five-point cushion over 18th-placed West Ham.

It was a fabulous goal by Awoniyi but also an emotional one, his first since requiring emergency abdominal surgery after colliding with a post against Leicester in May.

"Absolutely buzzing," said Forest boss Dyche (inset) of Awoniyi. "He works hard for us and he's trained well. Funnily enough, I chatted with him last week and reminded him to be free, and he looked free when he came on.

"It was a very good finish. He's been knocking on the door, he's been working hard for the team and he gets a reward with a really good bit of play and a really fine finish."

Manchester City are the only other side to taste victory at the Gtech in the Premier League in the current campaign, as the Bees saw their unlikely bid for a place in Europe dented.

And Dyche added: "Seven points from three games is a good return, especially two away and a draw at home to the league leaders.

"All the sides want a striker who's scoring, they've certainly got one [in Thiago] – but I'm pleased with our guys [Jesus and Awoniyi].

"They've worked really hard, the whole group has."

Bees forward Thiago has been one of the revelations of the season, his 16 Premier League goals putting him behind only Erling Haaland in the scoring charts. Jesus, by contrast, came into the match having scored just once from 40 shots this term, giving him the worst conversion rate in the division.

It was Thiago who had the first opportunity to add to his tally after just 90 seconds, but he could only prod Kevin Schade's inviting cross wide.

But Jesus made his mark in the 12th minute after Ola Aina raided down the right, beating Rico Henry and lifting a cross towards the near post.

Jesus expertly controlled the ball on his chest as he held off Bees defender Nathan Collins, before spinning and lashing a superb volley past Caoimhin Kelleher.

Brentford were dealt a double injury blow before half-time when, during the same passage of play, both defender Kristoffer Ajer and midfielder Mikkel Damsgaard sustained knocks and had to go off, with Sepp van den Berg and Dango Ouattara pressed into action.

Ouattara almost made an instant impact after he was played through on goal by Mathias Jensen, but Matz Sels came out quickly to make the save.

Then, in seven minutes of first-half stoppage time, Van den Berg's header from Michael Kayode's long throw flew inches wide.

Brentford poured forward in the second half but, without Damsgaard, they too often ran out of ideas in the final third.

Their best chance dropped, predictably, to Thiago, who controlled Vitaly Janelt's late free-kick at the far post only to drill his shot wide.

Forest made the game safe 11 minutes from the end when Awoniyi chased Gibbs-White's ball up the line and outmuscled Van den Berg.

The 28-year-old raced towards goal, stepped inside Kayode's last-ditch sliding tackle and slipped the ball past Kelleher to wrap up a priceless win for the visitors.

BRENTFORD (4-2-3-1): Kelleher; Kayode (Lewis-Potter 81), Ajer (Van den Berg 37), Collins, Henry (Hickey 67); Yarmolyuk, Janelt; Jensen, Damsgaard (Ouattara 37), Schade; Thiago

NOTTM FOREST (4-2-3-1): Sels; Aina, Milenkovic, Murillo, Williams; Sangare, Anderson; Hudson-Odoi (Morato 87), Gibbs-White, Dominguez (Hutchinson 61); Igor Jesus (Awoniyi 68)

PREMIER LEAGUE

BRENTFORD		N FOREST
66%	POSSESSION	34%
1	SHOTS ON TARGET	2
6	SHOTS OFF TARGET	2
558	TOTAL PASSES	293
87%	PASSING SUCCESS	73%
6	CORNERS	5
1	OFFSIDE	0
11	FOULS	10
🟥 0 🟨 1	CARDS	🟨 0 🟥 0

REF: Samuel Barrott **ATT:** 17,134

MAN OF THE MATCH

IGOR JESUS

TAIWO'S BACK WITH A BANG

Awoniyi on scoresheet for the first time since urgent surgery in May

TAI-K THAT!
Awoniyi makes game safe for the visitors 11 minutes from the end

FRUSTRATED ANDREWS: BEE MORE RUTHLESS

KEITH ANDREWS admitted Brentford's lack of a cutting edge cost them the chance to push their bid for Europe.

Brazilian goal machine Igor Thiago was guilty of missing two good chances while subs Dango Ouattara and Sepp van den Berg saw opportunities go begging.

"Really frustrating, is the honest answer," was the assessment of Bees boss Andrews (left). "We can't be content with a good performance, we have to be ruthless. They had two shots on target and scored.

"We can't just pat ourselves on the back and say, 'Haven't we done well the last few weeks?'. We need to evolve as a team and solve those problems.

"We haven't scored in the last two games and have come away with nothing. The way we conceded the goals doesn't sit well with me.

"We controlled large parts of the game, although we lost our way a bit after conceding the first.

"I was pleased with two-thirds of the performance today, but we live and die by results. We need to be more clinical in both sides of the game." Bees midfielder Vitaly Janelt said: "We had two big chances with Thiago and Dango Ouattara, but weren't clinical enough today.

"If Dango scores to make it 1-1 then it's a different game.

"We knew they would be hard to break down and their second goal was exactly what we expected. We just didn't do it well enough and we need to take responsibility."

OLLIE'S LATE SHOW OUT OF THIS WORLDIE

QPR	2
WREXHAM	3

Championship

OLLIE RATHBONE was almost lost for words after his stoppage-time worldie sealed Wrexham's Houdini act.

The Welshmen scored twice in added time to seal a first win in three to push them into the Championship's top six.

Callum Doyle and Josh Windass had Wrexham level before Rathbone's 30-yard stunner made it five goals in only four starts for the midfielder, who sat out the first three months of the campaign with a serious ankle injury that had him considering whether to quit the game.

The 29-year-old (above) said: "I can't really put into words how I feel – I had a few difficult days when I was out injured, but it's well worth it for moments like that.

"I've had loads of great moments in my career, but to come up with the winner like that is right up there.

"It means everything. They're the moments you dream about as a kid and it's a special one, I don't think I've had many better ones.

"You're 2-1 down with 10 minutes left and you could easily fold or think of the worst, but we know the quality and personality we've got, so we'll always back ourselves."

Rangers led twice through Harvey Vale and Steve Cook, but paid the price for Amadou Mbengue's late red card as they folded in stoppage-time. They will hope to bounce back on Saturday at home to leaders Coventry, who hammered them 7-1 in August.

After his second goal of an injury-hit season, Chelsea academy product Vale said: "We're all gutted to lose like that. We've been on the other end of those outcomes, and it's a great feeling, but to lose like that is really disappointing.

"We were aggressive in the first-half, but we let them get a foothold.

"I was really happy to be out there and getting a goal is a boost to my confidence.

"It's been frustrating with injuries, but I've got myself back fit and I'm feeling good."

O'HARE SMILING AFTER 'BODY-SLAM'

SHEFFIELD UNITED 3
IPSWICH 1
Championship

CALLUM O'HARE felt like he'd been body-slammed by Shawn Michaels – but it was worth it to wrestle all three points from the Tractor Boys.

The Blades' top scorer set his side on the road to a first win in four as Andre Brooks and Patrick Bamford (right) added to the midfielder's first-half strike. O'Hare carried the scars of battle after feeling the full force of Christian Walton as he dinked the ball over the Town keeper to break the deadlock.

The 27-year-old reckoned the accidental collision was like being taken down by WWE legend Michaels.

And after his eighth of the season he said: "As I looked up the keeper is sprinting at me so I just tried to steady myself to be able to dink him.

"I couldn't get out of the way and he just Shawn Michaels me. The rest is a blur. It's the latest scar to my face, but that's football. It's another big win."

Blades climbed six points clear of danger but not befor-e a first career red card for skipper Bamford, who earned a second yellow for a dive.

Top scorer Jack Clarke's 11th goal of the season from the penalty spot was not enough as the Blades halted Ipswich's five-game winning streak.

Boss Kieran McKenna said: "It's about how we bounce back in the next match."

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TOTH'S DELIRIOUS DEBUT

BY **ALEX CROOK**

BOURNEMOUTH new-boy Alex Toth admitted his dramatic debut victory over champions Liverpool left him "speechless".

Substitute Toth (below) had only been on the pitch a matter of minutes when the Cherries claimed their stoppage time triumph.

The £10.5million January signing from Ferencvaros said: "This is what the kids dream about, to make a debut like this and to beat a team like Liverpool. It was amazing. A winner in the 95th minute, I'm speechless. When I spoke to the boss on Friday he said, 'yes, you're new, yes, you're young, but you've got to be ready because you're going to be thrown straight into it.'

"I spoke to him in the week and now there's a couple of injuries I need to be ready.

Toth admits he did his homework on Bournemouth boss Andoni Iraola before making the move to the south coast.

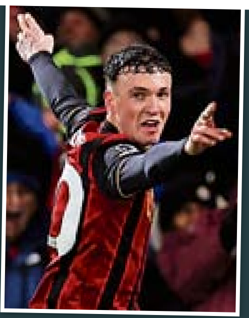
He added: "I follow the Premier League and I followed his journey and what he's done so far. I know a lot about him. It's a really good club with a very great structure."

PREMIER LEAGUE

BOURNEM'TH		LIVERPOOL
33%	POSSESSION	67%
5	SHOTS ON TARGET	4
4	SHOTS OFF TARGET	4
294	TOTAL PASSES	615
77%	PASSING SUCCESS	87%
3	CORNERS	11
0	OFFSIDES	0
7	FOULS	7
🟥 0 🟨 1	CARDS	🟨 1 🟥 0

REF: Michael Salisbury ATT: 11,260

MAN OF THE MATCH
ALEX JIMENEZ



BOURNEMOUTH 3
LIVERPOOL 2

BY **ALEX CROOK**

VIRGIL VAN DIJK warned his Liverpool team-mates they have no time to feel sorry for themselves after their season of struggle hit another miserable low.

Even during their 13-match unbeaten run, the champions had not managed to convince anyone they were close to being the team that won the Premier League.

Their defensive frailties came back to haunt them as they conceded from a long throw with virtually the last kick of the game, leaving Reds stars visibly shell-shocked. It was a painful evening for Van Dijk, who admitted fault for Bournemouth's first goal and tried to claim he was fouled for the winner despite bumping into his own player.

"I am disappointed. For the first goal I take full responsibility. Even if it was a very difficult ball to judge,' said the skipper.

"The second goal, we can all speak like, we should have kicked the ball out, we should have done this, but to concede 1-0 and 2-0 in a short space of time you put yourself in a position where you have to work even harder than ever.

"It was good that we scored before half-time but we fought so hard in the second half and got into promising

SOUTHERN FRIED!

Van Dijk agony as Cherries end Kop's unbeaten run in sensational style

LATE AD-ON

Amine Adli wheels away after his winner in the final seconds

positions but didn't create very big chances. We had a lot of possession, but couldn't create big, open, clear-cut chances. They created bigger chances because we were wide open at times, trying to score our goal.

"The throw-in at the end is difficult. I was feeling that I'm getting blocked. Obviously I have seen it back and I think Curtis Jones was involved. It was my own player, so unfortunately the ref and the VAR were right." Liverpool have to dust themselves down quickly for the visit of Qarabag in the Champions League on Wednesday, knowing a win secures their place in the last 16.

"We're having a difficult season in terms of ups and downs, but now we have an opportunity on Wednesday to qualify for the top eight for the Champions League"

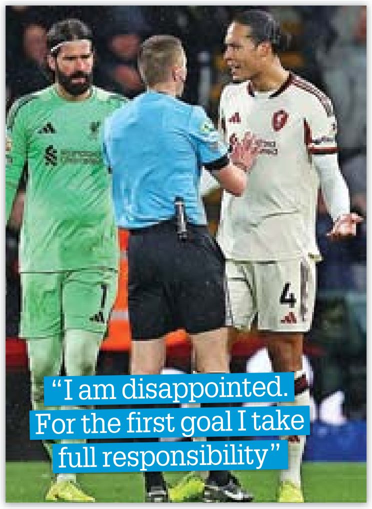
Even beating the Azerbaijan minnows should not be taken as a given after conceding three times to a Bournemouth side whose only win in 14 games was against Tottenham.

The Cherries scored twice in seven minutes, during which Reds defender Joe Gomez was injured colliding with goalkeeper Alisson, before Van Dijk's header from a corner and a brilliant strike from Dominik Szoboszlai seemed to have salvaged a draw.

But Amine Adli cashed in on the chaos caused by James Hill's 95th-minute long throw to fire Bournemouth to a famous win. Van Dijk said: "We're having a difficult season in terms of ups and downs, but now we have an opportunity on Wednesday to qualify for the top eight for the Champions League. That's our next target, but it's obviously tough to do.

"Now it is difficult because you lose in what is a very difficult season already and now you have to turn that feeling as quickly as possible around to getting the job done on Wednesday."

BOURNEMOUTH (4-2-3-1): Petrovic: Smith, Hill, Senesi, Truffert; Scott, Cook; Jimenez (Toth 85), Kroupi (Christie 67), Adli; Evanilson (Unal 90)
LIVERPOOL (4-2-2-2): Alisson; Frimpong (Jones 59), Gomez (Endo 34), van Dijk, Kerkez (Robertson 45); Gravenberch, Mac Allister (Ekiteke 59); Szoboszlai, Wirtz, Salah, Gakpo (Ngumoha 74)



"I am disappointed. For the first goal I take full responsibility"

OWLS FEEL PAIN AT LOSS OF BANNAN

BRISTOL CITY	2
SHEFF WEDNESDAY	0

Championship

THE Robins proved there is life after Anis Mehmeti – but can Sheffield Wednesday do the same without Barry Bannan?

Veteran midfielder Bannan (top) paid a tearful farewell to fans as the Hillsborough legend prepares to end an 11-year stay with a cut-price move to Championship rivals Millwall.

The 36-year-old skipper's departure has left long-suffering Wednesday fans worried about the identity of the administration-hit club's new owners – with no clear indication yet as to who will fill the void after Dejphon Chansiri's disastrous reign.

A fifth defeat in a row made it 21 games without a win for the League One bound Owls – who held out for more than an hour before City found the net for the first time in four league matches through Scott Twine and substitute Sam Bell to maintain their play-off push.

After finding the net for the eighth time this season with a rare header to help City over the disappointment of losing talisman midfielder Mehmeti to Ipswich, Twine said: "Getting a header is different for me but I want to score as many as I can and I'm going to need to score goals like that sometimes.

"At times we thought it was going to be one of those days because we'd not scored for a while.

"But in the end we could have had a few more. We knew there was a lot of pressure on us to win and we handled it really well so we're happy with the three points.

"This league is crazy. You'll have these up and down runs but it's about sticking in there and trying to improve and we feel we're on the right track."

On Bannan's future, Wednesday boss Henrik Pedersen said: "Barry wants to leave after the whole situation and his representatives are speaking to the club to find a solution. I'm not happy that he's leaving."

JAY WALKING TALL DESPITE BARREN RUN

BIRMINGHAM 1

STOKE 1

Championship

JAY STANSFIELD insists he's not worried as he bids to end the worst goal drought of his Birmingham career.

The Blues' nine-goal top scorer (above) hasn't found the net for 12 games – but weighed in with a vital assist as Tomoki Iwata's first-half header stretched their five-game unbeaten run.

Stansfield said: "It's the longest I've gone without a goal here, so to be able to contribute to the team in other ways with an assist is good for me and I can't wait to get back on the scoresheet.

"I've learned a lot over the last two years not to get too caught up in that sort of stuff with not scoring.

"Maybe last year I would have let it take my emotions in a different way and not been at my best.

"I feel this season I've learned not to worry about that and I know the goals will come. As long as I'm contributing in different ways, that's what I'm here to do.

"It was a tough game and we weren't at our best, so to come away with a draw is fair.

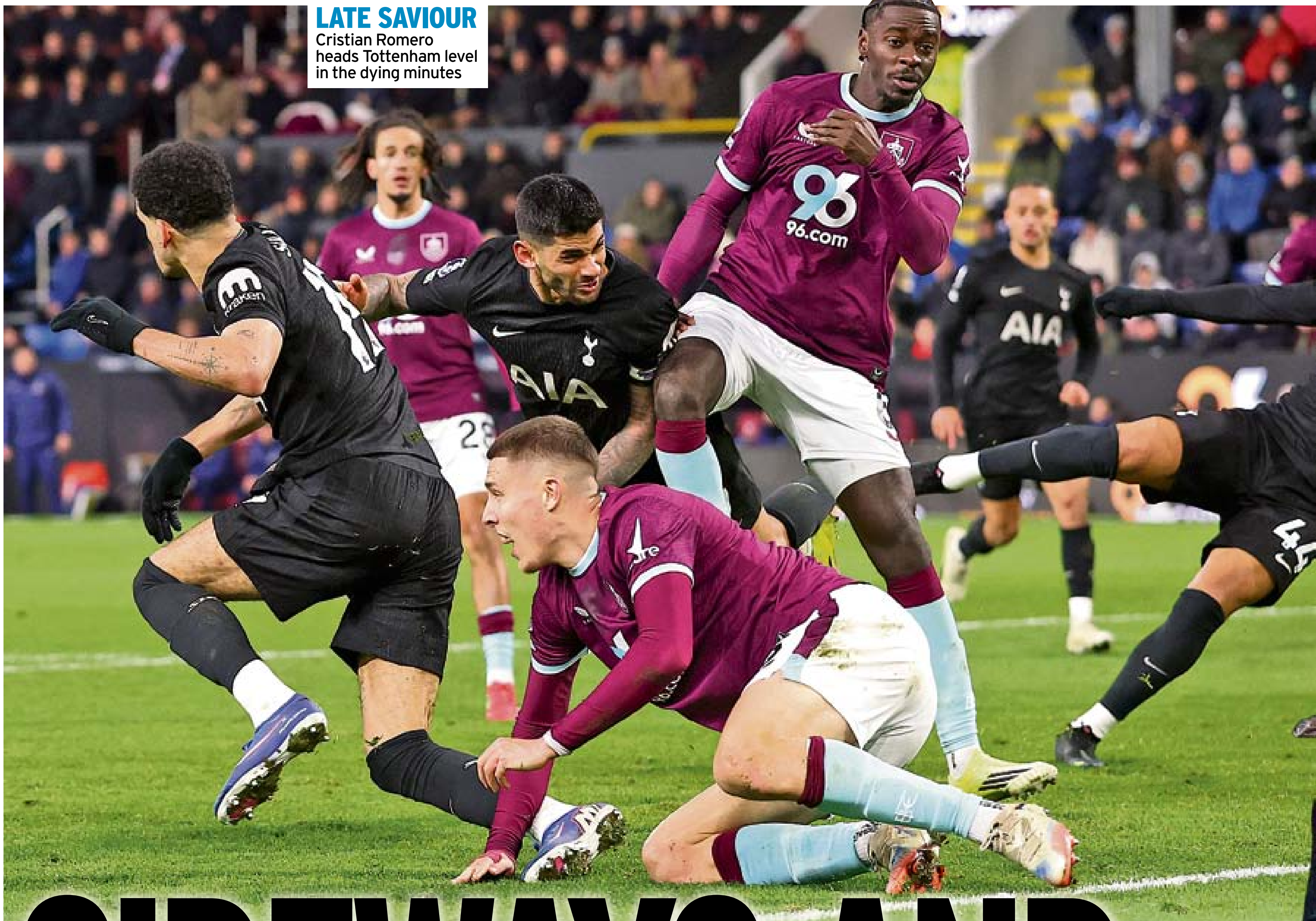
"It could turn out to be a big point. We didn't score enough from set-pieces at the start of the season, but we've been working on them a lot in training and they are starting to fall for us now."

Injury-hit Stoke levelled through a Phil Neumann own goal but are without a win in three to lose further ground on the top six.

Potters boss Mark Robins was without 12 senior players and veteran French midfielder Steven Nzonzi said: "We're pretty happy because this is a tough place to come and they're very strong at home.

"We could have won in the end and we showed character, which is not easy with the way their crowd pushes them forward.

"The young lads came in and showed a lot of personality. We kept on pushing and could have won, but a draw was fair."



LATE SAVIOUR Cristian Romero heads Tottenham level in the dying minutes

SIDEWAYS AND BACKWARDS... AND HEADING TOWARDS THE AB

HARD TO WATCH Thomas Frank can't quite believe what he's seeing at Turf Moor

Romero stunner offers only brief respite as Frank's joyless football leaves fans pointing boss in direction of exit door

BURNLEY	**2**
TOTTENHAM	**2**

BY **ANDY DUNN**

THE late equaliser was a thing of thunderous beauty – as good a header as the Premier League has seen. Seriously.

Okay, in terms of importance, it barely registers on an all-time list, which is probably topped by the second of Steve Bruce's double against Sheffield Wednesday in April, 1993, putting Manchester United back on track for their first Premier League title.

But in terms of technique and power, Cristian Romero's high-speed leveller at Turf Moor takes some beating.

In October 2013, Luis Suarez headed a remarkable finish from the edge of the penalty area against West Brom and at Stoke in 2010, Javier Hernandez scored a 'back-header' for Manchester United that was all about improvisation.

And the Romero header that earned Spurs a well-deserved point belongs in that sort of bracket.

The Wilson Odobert cross was slightly behind Romero. It came across at shoulder height.

But somehow the Argentine defender fashioned himself into a position to power his header past Martin Dubravka.

For a moment, the entire congregation was stunned.

But as quickly as Spurs fans realised it was time to celebrate, they then realised this was still a result that gave weight to their contention that Thomas Frank should be dismissed.

They had serenaded him early in the game with a rendition of 'Sideways and Backwards Everywhere We Go' and sent him home with a throaty 'Sacked In The Morning'.

Which, on the stand-alone evidence of this football match, was a bit harsh.

For starters, Burnley are not as bad as their 15 points from 23 matches would suggest.

Recently, they have merited the points they earned against Manchester United and against Liverpool at Anfield.

And secondly, Spurs came up against an inspired goalkeeper in Dubravka and were a touch profligate with their finishing, Dominic Solanke missing a sitter and Xavi Simons smashing one against the bar.

It was a game they almost lost because of negligence in defence.

Simons said: "The two goals we conceded are not acceptable. It's a shame, but we have to go on.

"We cannot concede this goal one minute before half-time and the second goal as well, I think we can avoid this. You have to win here, even if the keeper has a great match. We have to score those goals and we have to win. The only solution is to keep working. That's how we do it."

And there was no indication that Dutch winger Simons and every one of his team-mates was not prepared to put in the work for Frank.

After Axel Tuanzebe had cancelled out Micky van de Ven's opener and Lyle Foster had put Burnley ahead, Spurs rallied and could well have gone on to win after Romero's header.

But results show Tottenham have won only two of their past 14 Premier League matches and the fixture list shows they have Manchester City, Manchester United, Newcastle and Arsenal coming up.

And more significantly, the reaction of the travelling fans after Romero's beautiful intervention shows a basic truth.

A significant section of the Spurs support is not having Frank. Simple as that. They have made up their minds.

So, now, it is over to the decision-makers.

It was hard not to have a twinge of sympathy for the Danish coach as he felt compelled to applaud those who wanted him sacked.

And as old school as it would be – archaic, in fact – perhaps it is time for the Spurs board to go public. The good old vote of confidence, or not.

Perhaps it is time for Tottenham to back him or sack him.

PREMIER LEAGUE

BURNLEY		TOTTENHAM
37%	POSSESSION	63%
4	SHOTS ON TARGET	11
2	SHOTS OFF TARGET	7
372	TOTAL PASSES	621
76%	PASSING SUCCESS	84%
1	CORNERS	3
3	OFFSIDES	1
8	FOULS	9
🟥 0 🟨 1	CARDS	🟨 0 🟥 0

REF: Peter Bankes **ATT:** 21,618

MAN OF THE MATCH
MARTIN DUBRAVKA

BURNLEY (3-4-2-1): Dubravka; Tuanzebe, Esteve, Humphreys; Walker, Ugochukwu, Florentino (Laurent 69), Pires; Edwards (Mejbri 85), Anthony; Broja (Foster 69).
TOTTENHAM (3-4-2-1): Vicario; Danso (Tel 78), Romero (Dragusin 90), Van de Ven; Porro (Udogie 46), Bissouma (Gray 78), Gallagher (Scarlett 85), Spence; Simons, Odobert; Solanke.

SPURS' NEXT SIX

Frankfurt (a)	CL	Weds
Man City (h)	PL	Feb 1
Man United (a)	PL	Feb 7
Newcastle (h)	PL	Feb 10
Arsenal (h)	PL	Feb 22
Fulham (a)	PL	Mar 1

PARKER'S LIVING IN HOPE

BY **ANDY DUNN**

SCOTT PARKER had an air of resignation about him when dissecting a dramatic draw at Turf Moor.

With the understatement of the season, the Burnley boss (right) said: "There is improvement, but there is no denying we need to turn these draws into wins."

The Clarets have now shared the spoils with Spurs, Liverpool and Manchester United in their last three Premier League games, but have not won one in 14 attempts since late October and a victory at Wolves.

"We need that win so the confidence can grow," said Lyle Foster, who came on as a second-half substitute and put Burnley ahead after Axel Tuanzebe had cancelled out a Spurs opener from Micky van de Ven.

"Overall, the dressing room is disappointed because I felt we could have taken all three points," Foster added. "Happy with the team performance but feel we should be getting more, and deserved more."

In truth, Foster is stretching it a bit to suggest Burnley "deserved" to win the game, but even so, Parker was right to praise his side's upturn in form and it gives him some hope heading into the final 15 games.

He added: "There were large elements where we have improved dramatically. I was hugely critical of this team after Brighton away, but we have reacted in an incredible way."

DOWELL CAN REPAY HULL WITH GOALS

HULL	**2**
SWANSEA	**1**

Championship

KIERAN DOWELL has a hat-trick of reasons why he owes it to Hull to try and help them make it into the Premier League.

The Tigers' new arrival (above) from Rangers came off the bench to see out a third straight win as Hull drew level on points with third-place Ipswich.

Dowell's seven career goals against Hull include two trebles and the midfielder admits his new team-mates have been ribbing him about his knack of scoring against them.

He said: "All anyone has said to me when they heard of the interest was that I've scored a lot of goals against Hull.

"One of the hat-tricks was at the MKM Stadium, so I've got good memories of playing here and hopefully I can make many more.

"I'm 28 now, so I've had a lot of years in the game and a fair bit of success. Hopefully I can help the lads. There's a really good atmosphere around the place, which I expected from what I'd heard."

Oli McBurnie put Hull ahead against his former club from the penalty spot, his 11th goal of the season, after Ben Cabango's needless handball.

Regan Slater drove home a stunning second before Liam Cullen pulled one back after the break for the Swans.

Championship top scorer Zan Vipotnik wasted two golden chances to earn his side a point, including a miss-of-the-season contender in front of an open goal, as Swansea returned home empty-handed after a seventh defeat in eight on the road.

Boss Vitor Matos said: "We reacted well to being in a tough situation at half-time and we were much better in the second half.

"We managed to pull a goal back, but it's another one where we need to find our consistency of performance and efficiency."

JEREMY TAKES THE LEAD FOR BATTLING HORNETS

BLACKBURN	1
WATFORD	1

Championship

JEREMY NGAKIA reckoned Javi Gracia was winding him up when he gave him the Watford armband.

The Hornets defender took over from injured skipper Imran Louza as Gracia's men ground out a valuable draw thanks to Edo Kayembe's first-half strike to make it four unbeaten on the road.

Watford are a point outside the top six and after leading the team for the first time, 25-year old former West Ham right-back Ngakia (below) revealed: "It's something I couldn't believe at this stage of my life. It was a very proud moment for me.

"We knew from the start what type of game it was going to be because the pitch and conditions weren't great and it was a tough environment to play in. We gave it a good go and were unlucky not to put away some of our chances. We take the point and move on." Lewis Miller's second goal of the season with a fine diving header from Todd Cantwell's corner rescued a point for Rovers who remain in grave relegation danger after just one win in 14 matches.

Valerien Ismael thanked the fans who turned up – after thousands stayed away in protest at unpopular club owners Venky's.

The Ewood Park boss said: "I felt the fans were really behind us."

TAKING A BIG LEAP FORWARD

Guehi shows his ariel prowess as he settles in at the club he says will develop him as a player

PREMIER LEAGUE

MAN CITY		WOLVES
64%	POSSESSION	36%
4	SHOTS ON TARGET	1
7	SHOTS OFF TARGET	5
644	TOTAL PASSES	349
90%	PASSING SUCCESS	80%
4	CORNERS	6
0	OFFSIDES	6
16	FOULS	14
🟥 0 🟨 1	CARDS	🟨 3 🟥 0

REF: Farai Hallam **ATT:** 52,469

MAN OF THE MATCH

OMAR MARMOUSH

EASY DOES IT

Guehi made a smooth start to his Man City career under Guardiola

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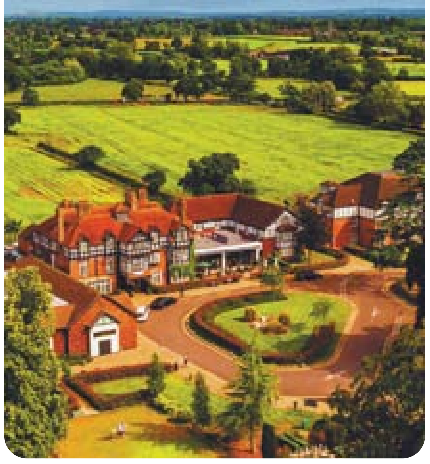

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GUEHI KEPT HIS COOL TO EARN CITY BREAK

‘I didn’t sulk over Kop move, I trusted it would all work out’

MAN CITY 2
WOLVES 0

BY **JEREMY CROSS**

MARC GUEHI admits he was never left seeing red following the collapse of his move to Liverpool last summer.

Because he knew once Manchester City came calling, it was his destiny to join Liverpool’s bitter rivals instead. Guehi had completed a medical on Merseyside after the champions agreed a £35million fee with Crystal Palace.

But Palace chairman Steve Parish pulled the plug on the deal at the last minute, forcing Guehi to return to the London club.

But unlike Alexander Isak, Guehi would never dream of going on strike to force through a switch to Anfield.

The England defender bided his time and headed back north again once Pep Guardiola wanted him, to join the club which has dominated domestic football for the last decade.

Speaking for the first time about what happened, Guehi said: “The medical was pretty much done, and then it got pulled at the last minute.

“So, yeah, I was quite close (to joining Liverpool).

“I was OK. Yeah, I was OK. My mindset is always move on to the next one.

“God’s got a plan for me. Just focus on what I could do for Palace.

“I can’t speak on anyone’s behalf or about anyone else’s decision. That’s their life.

“But getting bought by Palace was such an honour, a blessing, so it would be doing Palace a disservice if I was acting a certain way.

“The least I could do was show up to work every single day, shut my mouth and keep my head down. I think that’s most important.

“I’m just glad that I got to move over the line. I’m really confident that this is the place for me to improve, to grow as a player.”

Guehi couldn’t have wished for a more comfortable debut, with City cruising past Wolves thanks to first-half goals from Omar Marmoush and Antoine Semenyo – City’s first league win of 2026. Guehi’s arrival at the Etihad is expected to see the summer departure of fellow defender John Stones.

Stones (with Guehi, below) was one of Guehi’s England team-mates who persuaded him to join City ahead of several other clubs.

Guehi added: “We’ve been talking for quite a while, and obviously I also talked with different clubs.

“But I felt from conversations, through talking with some of the players here, that this was the place for me to improve, to get better and just to help as much as possible.

“I had conversations with John and Phil (Foden), so it’s been great.

“I couldn’t say it’s down to one person, but it’s definitely a mixture of everything. They just spoke so highly of the club and the people at the club.

“And for me, that’s most important. When you come to a place, you want to feel the love, the appreciation and the welcome. So far since I’ve been here, I’ve felt every bit of that.”

But despite having to cope without his new signing for Wednesday’s crunch Champions League clash with Galatasary, Guardiola admits he has been impressed with how quickly Guehi has settled into his new life in Manchester.

He said: “The captain of Crystal Palace has to be something special. I’m really pleased for him.

“He is so demanding of ourselves to do better. Good players adapt quick and understand the game. And that’s what he’s done.”

MAN CITY (4-1-4-1): Donnarumma; Nunes, Guehi, Khusanov, O’Reilly; Rodri; Semenyo, Reijnders (Foden 61), Silva, Cherki (Haaland 72); Marmoush (Doku 72)
WOLVES (3-5-2): Sa; Mosquera, S Bueno, Krejci; Tchatchoua (R Gomes 46), Gomes, Andre, Mane, H Bueno; Arias (Strand Larsen 46), Hee-chan (Arokodare 71)

EDWARDS: THIS WON’T DERAIL WOLVES REVIVAL

BY **JEREMY CROSS**

ROB EDWARDS insisted there is no shame in losing to Manchester City.

And he is determined not to let the 2-0 defeat at the Etihad bring a halt to Wolves’ recent renaissance.

They remain stranded at the foot of the table and are staring relegation in the face. But this was their first defeat in six outings in all competitions and Edwards (right) is in no mood to let one bad result stop his side from continuing to fight.

The Wolves boss, who hopes to make some new signings before the transfer window closes, said: “We have been here a few times, and this is the least concerned I have felt.

“We can take a lot from it, even in defeat. People will look at it and say it was a routine victory for City but I don’t think it was routine. We were good, but they were better. Anyone can suffer here, I have before, conceding five goals.

“We had a chuckle when we were bringing Tolu (Arokodare) on, and they were bringing on (Jeremy) Doku and Erling Haaland.

“We were trying. It is difficult because they are so good and we know there is a difference in quality. But the players showed a lot of personality and character.”

LIONS’ STAR QUALITY ON & OFF PITCH

MILLWALL 4
CHARLTON 0

Championship

MILLWALL’S A-listers were out in force and star-struck Alex Neil couldn’t help but be impressed.

The Scot (above) feared he would be tripping over reality show non-entities when told during the week that a couple of celeb supporters were being lined-up for the derby clash.

But the Millwall boss couldn’t have been more off the mark as Oscar-winning actors Sir Gary Oldman and Sir Daniel Day Lewis were in the stands to cheer their team to a resounding win.

Film fan Neil invited the high-profile duo to his office for a drink afterwards. “It had been said to me that there were a few celebs coming.” revealed Neil.

“I thought we were going to see somebody from Love Island or something, which is not my bag.

“But when I was told who it was, I thought, ‘yeah, they’re proper celebs, aren’t they?’.”

Sheffield Wednesday midfielder Barry Bannan is set to finalise a move to the New Den this week to further boost the feelgood factor after a third win in four kept Millwall in the play-off race.

Caleb Taylor added to an early Kayne Ramsay own goal as stoppage-time strikes from Luke Cundle and Aidomo Emakhu sealed the rout to leave Charlton without a victory against their local rivals for 30 years.

Back-to-back defeats leave the Addicks in danger near the bottom and defender Lloyd Jones admitted: “We were not good enough.

“We’ve let the fans down and we have let ourselves down. We lost too many duels everywhere and no one can say they came out on top today.

“The goals we conceded were soft, which is uncharacteristic of us. We have to regroup as a team because no one is going to feel sorry for us.

“We still have a long way to go this season so we have to work hard, get our heads down and get ready for another big game next Saturday.”

LEAGUE ONE ROUND-UP

AFTER STRIFE, BRIAN IS LEFT VERY PROUD

CARDIFF boss Brian Barry-Murphy praised the way his team recovered – after seeing leading scorer Yousef Salech taken off on a stretcher – to fight back to draw 1-1 with fellow promotion hopefuls STOCKPORT.

The Sky Bet League One leaders had fallen behind to Kyle Wootton's 10th-minute strike before there was a lengthy delay midway through the first half when Salech collided with County centre-back Brad Hills and needed treatment from medical staff before eventually being carried off with his neck in a brace.

Cardiff hauled themselves level in the sixth minute of first-half added time through Joel Colwill but were not able to find a winner, leaving them four clear of Lincoln.

The Welsh club later confirmed Salech had been discharged from hospital without any serious injury and was set for a "short period of rest and recovery".

Barry-Murphy (above) called for more protection from referees over an incident he said had "been coming" for his star striker but felt his team stepped up to get themselves a hard-earned point.

"The way we played and grew into the game and coped without Yousef, I was very proud of the players," he said. "We managed to compose ourselves and play a great second half where we couldn't just find a winner."

BOLTON boss Steven Schumacher hailed the cool character of substitute Mason Burstow after his stoppage-time penalty snatched a 2-1 win over LEYTON ORIENT to put the Trotters up to third.

"It could have been easy for him to buckle under the pressure, but he struck it clean," Schumacher said of the Hull loanee.

DONCASTER boss Grant McCann was left almost lost for words after his side squandered a 3-0 lead as WIGAN launched a second-half fightback to draw 3-3.

"It is hard to stand and talk about any positives because it feels like a defeat," McCann said.

New HUDDERSFIELD head coach Liam Manning got off to the perfect start as his side battled to a 1-0 win at West Yorkshire rivals BRADFORD, despite having midfielder Marcus McGuane sent off.

HIT AND BLISS
Fernandes fires home a cracker on Saturday and (right) celebrates

MAT CAN PAQ A PUNCH

Fernandes is new Hammers golden boy

WEST HAM 3 SUNDERLAND 1

BY **STEVE JUDGE**

MATEUS FERNANDES swerved promising West Ham fans he can follow in Lucas Paqueta's footsteps – but vowed to take the Brazilian's advice and keep trying to score bangers.

Paqueta (right) has been the Hammers' go-to man for the spectacular in recent years.

He has already smashed in a couple of stunners this term but looks set to leave this week.

It is understood Flamengo had a £35.75million bid accepted by the Hammers yesterday, with the 28-year-old having already agreed a four-year deal.

West Ham fans made it very clear on Saturday who they see as the heir apparent for conjuring up Insta-moment goals.

Cries of 'shoot' echoed around an engaged London Stadium whenever Fernandes was in space outside the box.

And the Portuguese midfielder did not let the crowd down, despite revealing he had never scored from distance before.

He smashed in West Ham's third from 27 yards just before half-time.

Then he thumped the bar with a more thunderous effort from distance in the closing stages of the second half.

Asked whether he is ready to fill the void Paqueta's departure would create, Fernandes said: "I just focus on my game and what I can control.

"I tried many times in training sessions to shoot. Even Lucas told me to shoot more.

"I tried and I scored, so it is a good moment for me.

"The first shot was good because I saw one defender come on my right side and I put it on the other side.

"The other one I just shot. I know I have the quality to score.

"I will try again in the next games. Yeah, I think you can expect more of that from me."

If Fernandes' goal helped put a smile back on the faces of West Ham fans inside the London Stadium, it is the arrival of new coach Paco Jemez that is turning frowns upside down among the players.

Both Fernandes and Ollie Scarles had beaming smiles on their faces when asked about the impact of Jemez, who played with Hammers boss Nuno Espirito Santo at Deportivo La Coruna.

The appointment of the former Rayo Vallecano boss, who unlike Nuno is seen as an attacking manager, has seen West Ham seal back-to-back wins for the first time since November.

Scarles, who was brought down by Trai Hume to tee up Jarrod Bowen to net West Ham's second from the spot, joked that Jemez "is our lucky charm".

Fernandes revealed: "He is a funny character.

"He has told me to believe, to fight and to control the game.

"I think for me, as a midfielder, it is important to control the tempo of the game."

Crysencio Summerville's opener on 14 minutes was the Dutch winger's third goal in as many games – and the first headed goal of his career. The only downside for West Ham was Brian Brobbey heading in after 66 minutes to deny them a first clean sheet since August.

WEST HAM (4-2-3-1): Areola; Wan-Bissaka, Todibo, Mavropanos, Scarles (Diouf 71); Fernandes, Soucek; Bowen, Pablo (Wilson 71), Summerville (Kilman 90); Castellanos (Potts 75)

SUN'LAND (3-4-3): Roefs; Ballard, Alderte, Mandava (Cirkin 46); Mukiele (O'Nien 84), Sadiki, Le Fee, Mundle (Talbi 46); Hume (Diarra 46), Mayenda (Isidor 75), Brobbey

PREMIER LEAGUE

WEST HAM		SUNDERLAND
47%	POSSESSION	53%
5	SHOTS ON TARGET	2
5	SHOTS OFF TARGET	4
364	TOTAL PASSES	403
77%	PASSING SUCCESS	83%
3	CORNERS	3
0	OFFSIDES	1
9	FOULS	16
0 2	CARDS	4 0

REF: Thomas Bramall **ATT:** 62,456

MAN OF THE MATCH
MATEUS FERNANDES

WE NEED TO LUKE GOOD FOR THE NEXT TEST AFTER THIS BLOW

LUKE O'NIEN admitted there was a huge level of disappointment in the Sunderland dressing room as they failed to meet the high standards they have set this season.

The Black Cats sub disregarded any suggestion the dismal first-half performance which saw West Ham score three times was a sign of a team feeling they have achieved their main target of staying up, with 33 points on the board.

O'Nien (right) said: "The test of character will be in the next week to 10 days when we turn up for the next game.

"That's the true test of character. How we apply ourselves in training and how we turn up for the next game.

"When you are 3-0 down, in the second half you have nothing to lose. It's easier to play then. So the real test will be these next few days. When things aren't going for you, what human beings turn up."

HARRY STYLES

Wonder Wilson's a Cottage cracker but his future's up in air… along with boss Silva

SO FUL OF JOY
Wilson is jubilant after his late free-kick gave Fulham three points

FULHAM 2
BRIGHTON 1

BY **PAUL BROWN**

IF you were Harry Wilson, would you sign a new contract with Fulham?

The club are on the up, and Wilson's stoppage-time winner against Brighton had them dreaming of European football again.

But manager Marco Silva has yet to pledge his own future to Fulham despite being offered a new deal back in November.

Both men are out of contract this summer and a priority for those in charge at Craven Cottage.

Wilson has eight goals in 22 league games this season and has four assists to boot.

But he is wanted by Aston Villa, Crystal Palace, Everton and Leeds, and Silva admits holding on to him will be a challenge.

Silva said: "When a player goes to the end of his contract, this kind of thing is going to happen.

"He's happy in our football club and it's up to the club to do the maximum they can to keep him.

"It's going to be a challenge because he's playing so well. We are in the fight to keep him. It's not going to be easy, much more clubs are going to be around him because of his form."

Silva (right) said there was "no news" about his own contract situation after his team came from behind to win.

He has been offered a new three-year deal which would make him one of the Premier League's six highest-paid coaches.

But Silva has yet to sign it, and was known to be unhappy with the club's recruitment last summer.

Yasin Ayari gave Brighton the lead but supersub Sam Chukwueze levelled for Fulham.

Wilson then nicked it in the dying stages when Bart Verbruggen got his hand to the Welshman's free-kick but could not keep it out.

Since the start of November, only Erling Haaland (12) has been involved in more league goals than Wilson, who has scored seven and assisted four in 14 appearances.

Wilson said: "We spoke at half-time about trying not to concede again and scoring a free-kick to win it at the end was an amazing feeling.

"I hit a really good run of form from the end of November. Even before that I felt I was playing really well but my numbers then weren't so good.

"As an attacker you're judged by your numbers and when you're helping your team it's an amazing feeling.

"Last season we broke the club's record points total in the Premier League.

"Before this season started we wanted to go one better and if that takes us into Europe, that would be amazing.

"We're a team that's full of quality and we just have to keep working on the training pitch and see where it takes us."

European football certainly might help the 28-year-old decide to stay – but you cannot help wondering if Silva's future is just as big a factor.

The Portuguese said last week that Wilson should not use that as an "excuse".

But the longer the uncertainty about Silva continues, the more doubt he is putting in the minds of his players.

FULHAM (4-2-3-1): Leno 4; Castagne 7, Andersen 7, Cuenca 6, Robinson 6 (Sessegnon 59, 6); Iwobi 6 (King 89), Berge 6; Wilson 7, Smith Rowe 5 (Cairney 69, 6), Kevin 5 (Chukwueze 59, 7); Jimenez 5

BRIGHTON (4-2-3-1): Verbruggen 4; Kadioglu 6, Van Hecke 8, Dunk 7, Boscagli 6 (De Cuyper 88); Baleba 6 (Milner 81), Gross 6 (Rutter 88); Gomez 6 (Minteh 81), Ayari 7, Mitoma 7; Welbeck 7 (Kostoulos 88)

PREMIER LEAGUE

FULHAM		BRIGHTON
49%	POSSESSION	51%
12	SHOTS ON TARGET	13
4	SHOTS OFF TARGET	5
502	TOTAL PASSES	517
83%	PASSING SUCCESS	84%
6	CORNERS	6
1	OFFSIDES	3
10	FOULS	6
0 1	CARDS	1 0

REF: Michael Oliver **ATT:** 27,239

MAN OF THE MATCH
JAN PAUL VAN HECKE

NOT FAB… BUT THE BOSS IS OK

BY **PAUL BROWN**

FABIAN HURZELER claims Brighton's recent sticky patch is nothing to worry about.

The Seagulls bossed the game at Fulham but coughed up a first-half lead to lose at the death.

Hurzeler's side have managed just one win in their last 10 games and are slipping down the Premier League table. But the Brighton boss (left) said: "Sometimes you need luck in football and this kind of luck we need to get back.

"Some people might be worried, but I see the team sticking together and fighting for each other. You can't complain, you have to keep working.

"We won't complain. We know we will get what we deserve at some point."

Hurzeler also refused to point the finger at goalkeeper Bart Verbruggen, who got a hand to Harry Wilson's winner but failed to keep it out.

He said: "We can't give responsibility there for Bart. He has played a good season. We don't want to give the ball away there.

"We have to accept errors happen sometimes and try to do better. We can't do anything about it.

"It was one of our best performances so I am not too worried. In football, sometimes the better team loses and you have to accept it."

LEAGUE TWO ROUND-UP

WILD'S GIVEN THE BOOT BY FLEETWOOD

HEAD COACH Pete Wild has been sacked by FLEETWOOD, the League Two club have announced.

The departure of Wild (above) comes after the team were beaten 2-1 by COLCHESTER on Saturday, taking their winless run to seven in all competitions, and leaving them 15th in the table.

A statement on the Fleetwood website said: "Following six defeats in the last seven games the club felt now is the right time to make a change to the first team management.

"Assistant head coach Adam Temple will also depart and everyone at the club would like to place on record their thanks to Pete and Adam for their hard work and professionalism during his time at the club.

"The club will issue a further update on the first team staff in due course."

Andy Woodman hailed leaders BROMLEY as the "fittest and most mentally strong" team in the division after Nicke Kabamba's late header stunned SWINDON.

Pace-setters Bromley landed a potentially decisive blow in their clash at Hayes Lane.

Fletcher Holman put Swindon ahead, but second-half goals by Ashley Charles and Kabamba inspired a memorable 2-1 win.

Woodman said: "I told them the next goal would win the game and we were excellent in the second half. Only one team was going to win the game.

"We are the fittest and most mentally strong side in the league. We haven't achieved anything yet, it's just another three points and we still have a long way to go."

Karl Robinson excused two "bloopers" from SALFORD match-winner Ryan Graydon after he scored to down BRISTOL ROVERS and send them second.

Salford were fourth, but Graydon's eighth-minute effort proved enough to secure a 1-0 win, which helped them capitalise on Swindon and Walsall both failing to win on Saturday.

Robinson said: "If you had the bloopers reel today of Ryan Graydon, he probably missed two of the biggest sitters in his career, but he scored a wonderful goal.

"A lovely, well-worked one where we looked to hit them on the counter-attack and he took the goal like a class act."

MARTI PARTY OVER AFTER U'S FOX CITY

LEICESTER CITY 1
OXFORD UNITED 2
Championship

MARK HARRIS couldn't resist giving it to the Leicester fans after ending Marti Cifuentes's reign as Foxes manager.

Oxford's Wales forward added a late second to Sam Long's early opener as United boosted their Championship survival hopes, but ended those of Cifuentes, who was appointed in July last year.

The U's have taken five points from Matt Bloomfield's first three games in charge to give them a fighting chance of staying up. After running through to claim his second goal of the season, Harris (above) said: "If anything, I had too long to think about it.

"I think I turned around and had a little look about halfway through. It felt like about half an hour, if I'm honest, but there was still no one near me, so I thought, 'I'm going to fake a shot and go round the keeper'.

"Then I just wanted to get the 'shushes' out early and celebrate with our fans. It's a great platform to come here and get a result, so let's get on the training ground on Monday and go again."

It was the same old story for underachieving Leicester, who are six points adrift of the play-offs after two wins in the last eight league games. Abdul Fatawu pulled one back at the death but midfielder Hamza Choudhury admitted: "We've been through this plenty of times this season and it's a bit of a broken record.

"We have a couple of good results, then we plummet back down, so it's about trying to find that consistency.

"For their first goal, I lost my marker and then another player lost theirs, and we're a goal down. So you're climbing a very steep hill, especially with the moment we're in at the minute.

"It's tough and we're making it even harder for ourselves. We need to get back to basics and get everyone on the same page because this week hasn't been anywhere good enough."

First Team Coach Andy King will take charge of Leicester on an interim basis while the Foxes search for a new manager.

SCHOOL OF HARD KNOCKS

Mousinho revels in 'proper derby'... but claims Pompey should have nicked victory

PORTSMOUTH 1
SOUTHAMPTON 1

BY **EDWARD ELLIOT**

PORTSMOUTH manager John Mousinho felt his side could have pinched all three points after coming from behind to snatch a draw from a "proper old-school derby".

Southampton were on course for a first league win at Fratton Park in 50 years following Leo Scienza's 57th-minute opener.

But the visitors were denied south-coast bragging rights when Pompey midfielder Ebou Adams – a new signing from Derby – marked his home debut with a 77th-minute equaliser.

Portsmouth finished a feisty encounter in the ascendancy before climbing out of the Championship relegation zone courtesy of the hard-fought point.

"It was an amazing occasion," said Mousinho (inset). "It felt very different to the game back in September [a 0-0 draw at St Mary's].

"I thought it was a proper derby – the intensity, the aggression, the way it was played. There were a couple of flare-ups and a couple of big tackles, which, maybe on another day in a different occasion, probably result in red cards.

"I thought it was a really brilliant occasion to be a part of. The only disappointment is we didn't win because I thought we could have done at the end.

"But if I look at the overall chances created, and the way the game went, I think it was a fair result.

"As a spectacle, it was brilliant. It was a proper old-school derby, not a tactical battle. It was a really good game."

Amid heavy rain in Hampshire, Portsmouth keeper Nicolas Schmid made two first-half saves to prevent Southampton's top-scorer Adam Armstrong opening the scoring.

Brazilian winger Scienza silenced three sides of the ground 12 minutes into the second half, racing on to Finn Azaz's pass before calmly beating Schmid, and then taunting home supporters as he ran the length of the pitch to celebrate with the 2,651 travelling fans.

Tempers threatened to boil over with 20 minutes to go after Southampton midfielder Flynn Downes sparked a melee with a scything tackle on Zak Swanson.

That flashpoint fired up the crowd and Pompey levelled 13 minutes from time when Adams sparked wild scenes by bundling in following an Adrian Segecic corner.

Portsmouth leapfrog Blackburn into 21st place, while Southampton remain 15th after their wait for a clean sheet on the road stretched to 25 league games.

Saints boss Tonda Eckert said: "I think the chances were quite clearly on our side, especially in the first half.

"And then, when we do go up in the second half, we just need to make sure we bring the game over the line. I think we deserved more.

"The 15 minutes after the first goal, we were clearly on top and you need to use those moments to score a second goal. And if you don't, you need to make sure you see a game out.

"It's a good corner, a scramble in the middle, and we need to just deal better with those situations.

"It's a non-negotiable that we have to leave everything on the pitch and we did this 100 percent."

HE'S IN THE THICK OF IT
Adams levels for Pompey and (above) has a bit of argy-bargy with James Bree of Southampton

CHAMPIONSHIP
MATCH STATS

POMPEY		SAINTS
54%	POSSESSION	46%
3	SHOTS ON TARGET	4
6	SHOTS OFF TARGET	1
4	CORNERS	2
0	OFFSIDE	0
9	FOULS	14
0 2	CARDS	1 0

REFEREE: Lewis Smith

CHAMPIONSHIP

	P	W	D	L	F	A	GD	Pts
Coventry	28	17	7	4	61	31	30	58
Middlesbro	29	16	7	6	46	29	17	55
Ipswich	28	14	8	6	48	27	21	50
Hull	28	15	5	8	47	40	7	50
Millwall	29	14	7	8	36	35	1	49
Wrexham	29	11	11	7	43	37	6	44
Bristol City	29	12	7	10	40	31	9	43
Watford	28	11	10	7	39	33	6	43
Preston	29	11	10	8	36	33	3	43
Stoke	29	12	6	11	34	26	8	42
Derby	29	11	9	9	39	37	2	42
QPR	29	11	7	11	40	42	-2	40
Birmingham	29	10	9	10	39	38	1	39
Leicester	29	10	8	11	40	43	-3	38
Southamptn	29	9	10	10	41	41	0	37
Swansea	29	10	6	13	32	37	-5	36
Sheff Utd	28	11	2	15	39	41	-2	35
Charlton	28	8	8	12	27	38	-11	32
West Brom	29	9	5	15	32	44	-12	32
Norwich	28	8	6	14	35	40	-5	30
Portsmouth	27	7	9	11	24	37	-13	30
Blackburn	28	7	8	13	26	37	-11	29
Oxford Utd	28	6	9	13	27	36	-9	27
Sheff Wed	28	1	8	19	18	56	-38	-7

LEAGUE ONE

Sky Bet League One EFL

BLACKPOOL (1) 2 **NORTHAMPTON** (0) 0
Ashworth 3
Fletcher 50 (pen) **ATT 10,099**

Blackpool: Peacock-Farrell, Grant, Ihiekwe, Casey, Hamilton, Honeyman, Brown (Finnigan 83), Ashworth, Randall (Evans 77), Fletcher (Ennis 84), Obafemi (Bloxham 66). **Booked:** Obafemi 66. **Northampton:** Fitzsimons, McCarthy (Willis 81), Guthrie, Guinness-Walker, Wormleighton, Taylor (Dyche 81), Campbell, Perkins, Hoskins (Eaves 63), Vale (List 75), Swyer (Jacobs 76). **Booked:** Taylor 48. **Ref:** Peter Wright.

BOLTON (0) 2 **LEYTON ORIENT** (0) 1
Gale 46 Archibald 49
Burstow 90 (pen) **ATT: 20,352**

Bolton: Bonham, Osei-Tutu (Forino-Joseph 73), Toal, Johnston, Conway, Simons (Morley 73), Erhahon, Cozier-Duberry (Christie 26), McAtee (Burstow 86), Gale (Dempsey 72), Dalby. **Subs not used:** Harrington, Cissoko. **Booked:** Osei-Tutu 13, Christie 33, McAtee 70. **Leyton Orient:** Cahill, James (Happe 72), Casey, Simpson, Mitchell (Craig 66), Bakinson (Matthews 80), Abdulai, Archibald, Wellens, O'Neill, Ballard. **Subs not used:** Phillips, Koroma, Perkins, Moorhouse. **Booked:** Abdulai 29. **Ref:** Sebastian Stockbridge.

CARDIFF (1) 1 **STOCKPORT COUNTY** (1) 1
Colwill 45 Wootton 10; **ATT: 19,684**

Cardiff: Trott, Ng, Osho, Chambers, Bagan, Wintle, Robertson (Davies 86), Tanner (Willock 68), Colwill (Kellyman 68), Ashford, Salech (Robinson 40). **Booked:** Wintle 27, Bagan 49, Kellyman 74. **Stockport County:** Hinchliffe, Olowu (Okeke 82), Hills, Pye, Dacres-Cogley, Bailey, Norwood (Osborn 82), Edun, Andresson (Diamond 56), Stokes, Wootton. **Booked:** Wootton 45, Stokes 87. **Ref:** Paul Howard.

DONCASTER (2) 3 **WIGAN** (0) 3
Okoronkwo 7, McGrath 21 Taylor 60, Wright 66
Clifton 49 Moxon 87; **ATT: 8,128**

Doncaster: Clark, Sterry, Bailey, McGrath, Senior, Gotts, Molyneux (Sharp 83), Broadbent (Robinson 70), Clifton (Grehan 84), Adelakun (Gibson 63), Okoronkwo (Hanlan 63). **Booked:** Broadbent 58, Gotts 79, Senior 90. **Wigan:** Tickle, Aimson, Carragher, Fox, Borges Rodrigues (Asamoah 75), Smith, Moxon (Weir 90), Murray, Bettoni (Wright 46), Taylor (Costelloe 90), Saydee. **Booked:** Carragher 45, Fox 89. **Ref:** David Rock.

HUDDERSFIELD (1) 1 **BRADFORD** (0) 0
Harness 23 **ATT: 21,422**

Huddersfield: Nicholls, Balker, Low, Wallace (Feeney 86), Gooch, Ledson, McGuane, Mumba, Harness (Sorensen 74), May (Humphreys 68), Radulovic (Charles 74). **Booked:** McGuane 9, Nicholls 78, Mumba 81. **Sent-off:** McGuane 62.
Bradford: Walker, Baldwin (Leigh 85), J Wright (T Wright 68), Tilt, Neufville (Ashby 46), Power, Metcalfe, Touray, White (Sibley 46), Pointon (Kavanagh 46), Humphrys. **Booked:** Neufville 41. **Ref:** Edward Duckworth.

	P	W	D	L	F	A	Pts
Cardiff	27	17	5	5	46	27	56
Lincoln City	27	15	7	5	44	29	52
Bolton	28	12	10	6	35	26	46
Bradford	26	13	7	6	35	28	46
Stockport Cty	27	13	7	7	38	33	46
Huddersfield	28	12	6	10	47	38	42
Luton	27	11	6	10	37	33	39
Stevenage	26	10	9	7	28	24	39
Peterborough	27	12	2	13	35	35	38
Exeter	26	11	3	12	31	24	36
Mansfield	25	10	6	9	35	29	36
Wycombe	27	9	9	9	34	31	36
Reading	26	9	9	8	35	33	36
Plymouth	27	11	3	13	34	39	36
Barnsley	23	9	6	8	37	36	33
Leyton Orient	27	9	5	13	40	45	32
Blackpool	27	9	5	13	34	39	32
AFC Wimbledon	26	9	5	12	28	35	32
Wigan	26	7	10	9	29	31	31
Burton Albion	26	8	6	12	27	37	30
Northampton	26	8	5	13	23	32	29
Doncaster	26	7	6	13	28	44	27
Rotherham	26	6	7	13	25	39	25
Port Vale	25	4	6	15	19	37	18

PLYMOUTH (1) 1 **LUTON** (0) 0
Galloway 45 **ATT: 15,949**

Plymouth: Hazard, Edwards, Ross Jensen, Mitchell, Galloway, Curtis, Boateng, Ralls (B Wiredu 9 (Amaechi 54)), Sorinola, Tolaj, Pepple (Szucs 78). **Booked:** Ross Jensen 45, Curtis 54, Boateng 71, Szucs 84. **Luton:** Keeley, Lonwijk, Andersen, Naismith, Johnson (Yates 78), Walsh, Clark, Lawrence (Morris 57), Palmer (Bramall 77), Kodua, Wells. **Booked:** Lonwijk 80. **Ref:** Elliot Bell.

PORT VALE (0) 1 **EXETER** (1) 3
Humphreys 75 Mendes Gomes 22
ATT: 8,432 Wareham 47, Tutierov 59

Port Vale: Gauci, Lawrence-Gabriel, Heneghan, C Hall, Gordon (Headley 73), Croasdale, Ojo (Humphreys 64), Shipley (Stockley 64), G Hall (Brown 64), Cole, Archer (Waine 90). **Booked:** Ojo 28. **Exeter:** Whitworth, Sweeney, Fitzwater, Woodhouse, Niskanen, Doyle-Hayes (McMillan 55), Brierley, Oakes (Cole 68), Aitchison (Cox 82), Wareham (Magennis 68), Mendes Gomes (Tutierov 55). **Booked:** Aitchison 75, Whitworth 89, Cox 90, Magennis 90. **Ref:** Declan Bourne.

READING (1) 2 **BARNSLEY** (1) 2
Roberts 32, Marriott 84 McGoldrick 38
ATT: 12,101 Phillips 67

Reading: Pereira, Yiadom (Nyambe 79), O'Connor, Dorsett, Roberts (Ritchie 79), Wing, Savage, Kyerewaa, Doyle (Keane 79), Lane (Ehibhatiomhan 64), Marriott. **Barnsley:** Goodman, O'Keeffe, Watson, Shepherd (Durand de Gevigney 22), O'Connell, Ogbeta, Phillips (Yoganathan 80), Bland, Kelly, Cleary, McGoldrick (Keillor-Dunn 69). **Booked:** Shepherd 19, O'Keeffe 57, Keillor-Dunn 84. **Ref:** Leigh Doughty.

ROTHERHAM (0) 1 **AFC WIMBLEDON** (0) 1
Jules 50 Browne 82; **ATT: 7,787**

Rotherham: Dawson, Rafferty, Baptiste, Jules, James, Kaleta (Agbaire 78), Spence (McWilliams 72), Yearwood (Martha 46), Powell, Nombe (Hugill 77), Gray (Kelly 78). **Booked:** James 22, Gray 60. **AFC Wimbledon:** Bishop, Ogundere, Bauer (Tilley 72), Johnson, Seddon, Reeves (Nelson 73), Smith, Hippolyte (Maycock 73), Browne, Nkeng, Stevens (Hackford 72). **Booked:** Johnson 39, Bauer 48. **Ref:** Richard Eley.

STEVENAGE (0) 1 **MANSFIELD** (0) 1
Campbell 90 Akins 78 (pen); **ATT: 4,041**

Stevenage: Marschall, Pattenden, Goode (Sweeney 42), Piergianni, Freestone, Phillips, White, Roberts (Patterson 70), Thompson (Kemp 46), Lubala (Campbell 76), Reid (Cornick 76). **Booked:** Phillips 3, Roberts 23, Lubala 49, Sweeney 90. **Mansfield:** Roberts, Akins, Oshilaja, Sweeney, Cargill, Reed, Lewis (Hewitt 83), Oates (Blake-Tracy 83), Russell (Hendry 58), Irow (Bolton 68), Evans (Adeboyejo 83). **Booked:** Sweeney 51, Hendry 90. **Ref:** Ben Atkinson.

WYCOMBE (0) 0 **PETERBOROUGH** (1) 2
ATT 7,166 Lisbie 37, Hayes 68

Wycombe: Norris, Casey, Hagelskjaer, Allen (Quitirna 46), Grimmer, Boyd-Munce, Leahy (Stones 87), Harvie, Woodrow (Mullins 72), Fink, Harris. **Peterborough:** Bass, Dornelly, Lees, Nevett, Johnston, Collins, Khela (Sykut 82), Garbett (O'Brien-Brady 54), Morgan (Hayes 54), Lisbie (Frith 73), Leonard (Aderoju 82). . **Booked:** Dornelly 80. **Ref:** Tom Reeves.

PREMIER LEAGUE

		HOME						AWAY					
		P	W	D	L	F	A	W	D	L	F	A	Pts
1	Arsenal	23	9	2	1	28	8	6	3	2	14	9	50
2	Man City	23	9	2	1	29	8	5	2	4	18	13	46
3	Aston Villa	23	8	1	2	18	9	6	3	3	17	16	46
4	Man Utd	23	6	3	2	20	13	4	5	3	21	21	38
5	Chelsea	23	5	3	3	17	11	5	4	3	22	14	37
6	Liverpool	23	6	3	2	16	11	4	3	5	19	21	36
7	Fulham	23	7	2	3	21	14	3	2	6	11	18	34
8	Brentford	23	7	3	2	23	12	3	0	8	12	20	33
9	Newcastle	23	7	2	3	22	17	2	4	5	10	12	33
10	Sunderland	23	6	5	0	18	9	2	4	6	6	17	33
11	Everton	22	4	3	4	14	15	5	2	4	10	10	32
12	Brighton	23	5	5	1	19	12	2	4	6	14	19	30
13	Bournemouth	23	6	4	2	19	13	1	5	5	19	30	30
14	Tottenham	23	2	3	6	13	14	5	4	3	20	17	28
15	Crystal Palace	23	2	6	4	11	15	5	1	5	13	13	28
16	Leeds	22	5	4	2	19	13	1	3	7	11	24	25
17	Nottm Forest	23	3	2	6	12	17	4	2	6	11	17	25
18	West Ham	23	3	1	8	16	26	2	4	5	11	19	20
19	Burnley	23	2	4	6	12	17	1	2	8	13	27	15
20	Wolves	23	1	2	8	10	23	0	3	9	5	20	8

BOURNEMOUTH (2) 3 **LIVERPOOL** (1) 2
Evanilson 26 van Dijk 45
Jimenez 33, Adli 90 Szoboszlai 80

BURNLEY (1) 2 **TOTTENHAM** (1) 2
Tuanzebe 45 van de Ven 38
Foster 76 Romero 90
ATT: 21,618

FULHAM (0) 2 **BRIGHTON** (1) 1
Chukwueze 72 Ayari 28
Wilson 90 **ATT: 27,239**

MAN CITY (2) 2 **WOLVES** (0) 0
Marmoush 6
Semenyo 45

WEST HAM (3) 3 **SUNDERLAND** (0) 1
Summerville 14 Brobbey 66
Bowen 28 (pen)
Fernandes 43 **ATT 62,456**

ARSENAL (1) 2 **MAN UTD** (1) 3
Martinez 29 (og) Mbeumo 37
Merino 84 Dorgu 50, Cunha 87
ATT: 60,296

BRENTFORD (0) 0 **NOTTM FOREST** (1) 2
ATT: 17,134 Igor Jesus 12
Awoniyi 80

CRYSTAL PALACE (0) 1 **CHELSEA** (1) 3
Richards 88 Estevao 34, Joao Pedro 50
Fernandez 64 (pen)

NEWCASTLE (0) 0 **ASTON VILLA** (1) 2
Buendia 19
Watkins 88
ATT: 52,134

TOP SCORERS

PREMIER LEAGUE	CHAMPIONSHIP	LEAGUE ONE	LEAGUE TWO	SCOTTISH PREM
Haaland (Man City) 20	**Vipotnik** (Swansea) 13	**Ballard** (Leyton Orient) 15	**Drinan** (Swindon) 14	**Shankland** (Hearts) 11
Thiago (Brentford) 16	**Armstrong** (Soton) 11	**Fletcher** (Blackpool) 12	**Cheek** (Bromley) 14	**Maswanhise** (Motherwell) 11
Semenyo (Man City) 11	**Clarke** (Ipswich) 11	**Wootton** (Stockport) 12	**Paterson** (MK Dons) 11	**Nygren** (Celtic) 10
Calvert-Lewin (Leeds) 9	**Whittaker** (Middlesbro) 11	**Tolaj** (Plymouth) 12	**Kanu** (Walsall) 11	**Braga** (Hearts) 9
Guimaraes (Newcastle) 8	**McBurnie** (Hull) 11	**Salech** (Cardiff) 12	**Crole** (Newport County) 11	**Bowie** (Hibernian) 8

CHAMPIONSHIP

Sky Bet Championship EFL

DERBY (1) 1 **WEST BROM** (0) 1
Agyemang 44 Mepham 90
ATT: 20,099

Derby: Zetterstrom, Ward, Langas, Batth, Elder, Travis, Ozoh (Thompson 63), Brereton Diaz (Sanderson 85), Clark (Fraulo 64), Brewster (Blackett-Taylor 64), Agyemang (Salvesen 85). **Booked:** Travis 59, Elder 83. **West Brom:** O'Leary, Price, Bielik (Mepham 74), Phillips, Campbell, Styles (Dike 61), Johnston (Wallace 61), Diakite, Molumby, Ahearne-Grant (Iling-Junior 8), Heggebo (Maja 61). **Booked:** Ahearne-Grant 5, Heggebo 40, Molumby 53. **Ref:** Anthony Backhouse.

BIRMINGHAM (1) 1 **STOKE** (0) 1
Iwata 42 Neumann 71 (og)
ATT: 27,904

Birmingham: Beadle, Iwata, Neumann, Klarer, Wagner, Doyle (Solis 57), Paik, Roberts (Wright 90), Stansfield, Osman (Priske 56), Ducksch (Furuhashi 81). **Booked:** Stansfield 67. **Stoke:** Simkin, Thomas, Phillips, Talovierov, Bocat (Cresswell 68), Seko, Nzonzi, Manhoef, Rigo (Pearson 89), Bae (Fawunmi 68), Cisse. **Booked:** Cisse 80. **Ref:** James Bell.

BLACKBURN (1) 1 **WATFORD** (1) 1
Miller 28 Kayembe 26
ATT: 11,640

Blackburn: Toth, Miller (Alebiosu 61), O'Riordan, McLoughlin, Cashin, Forshaw (Baradji 61), Tronstad, Jorgensen (Doherty 79), Cantwell, Morishita (De Neve 61), Ohashi.
Watford: Selvik, Ngakia, Keben, Abankwah, Bola, Kyprianou, Kayembe, Maamma (Irankunda 64), Doumbia, Vata (Chakvetadze 42), Kjerrumgaard (Baah 85). **Booked:** Kyprianou 45, Kayembe 90. **Ref:** Adam Herczeg.

BRISTOL CITY (0) 2 **SHEFF WED** (0) 0
Twine 64
Bell 78 **ATT: 23,418**

Bristol City: Vitek, Tanner, Dickie (Borges 87), Atkinson, McCrorie, Randell (Morsy 76), Knight, Pring (Sykes 77), Earthy (Armstrong 46), Twine, Jakobsen (Bell 65).
Sheff Wed: M Cooper, Palmer, Otegbayo, McGhee, Johnson (Emery 87), Heskey, Bannan (Thornton 90), McNeill (L Cooper 71), Lowe (Redmond 71), Ingelsson (Moses 87), Cadamarteri.
Ref: Ben Speedie.

HULL (2) 2 **SWANSEA** (0) 1
McBurnie 24 (pen) Cullen 59
Slater 39 **ATT: 21,912**

Hull: Pandur, Coyle, Hughes, Egan, Famewo, Hadziahmetovic (Jacob 72), Slater, Joseph (Dowell 88), Gelhardt (Lundstram 56), Millar (Hirakawa 56), McBurnie (Akintola 72). **Booked:** Famewo 32, Millar 48, Dowell 90. **Swansea:** Vigouroux, Galbraith (Key 46), Cabango, Burgess, Tymon, Fulton (Yalcouye 80), Ronald (Nunes Gomes 66), Goncalo Franco (Widell 66), Cullen, Eom (Stamenic 65), Vipotnik. **Booked:** Burgess 22, Key 70. **Ref:** Josh Smith.

LEICESTER (0) 1 **OXFORD UTD** (1) 2
Fatawu 84 Long 4
Harris 71

Leicester: Stolarczyk, Ricardo Pereira, Okoli, Vestergaard, Nelson (L Thomas 46), Choudhury (Daka 68), Page (Soumare 90), Fatawu, De Cordova-Reid (S Thomas 83), Mavididi, Ayew (Monga 68). **Oxford Utd:** Cumming, Long, Davies, Brown, Spencer, McDonnell, Brannagan (Vaulks 87), Currie (Leigh 67), Peart-Harris (Phillips 75), Mills (De Keersmaecker 68), Harris (Lankshear 88). **Booked:** Brannagan 44, Currie 59, Phillips 85. **Ref:** James Linington.

	P	W	D	L	F	A	Pts
Coventry	28	17	7	4	61	31	58
Middlesbrough	29	16	7	6	46	29	55
Ipswich	28	14	8	6	48	27	50
Hull	28	15	5	8	47	40	50
Millwall	29	14	7	8	36	35	49
Wrexham	29	11	11	7	43	37	44
Bristol City	29	12	7	10	40	31	43
Watford	28	11	10	7	39	33	43
Preston	29	11	10	8	36	33	43
Stoke	29	12	6	11	34	26	42
Derby	29	11	9	9	39	37	42
QPR	29	11	7	11	40	42	40
Birmingham	29	10	9	10	39	38	39
Leicester	29	10	8	11	40	43	38
Southampton	29	9	10	10	41	41	37
Swansea	29	10	6	13	32	37	36
Sheff Utd	28	11	2	15	39	41	35
Charlton	28	8	8	12	27	38	32
West Brom	29	9	5	15	32	44	32
Norwich	28	8	6	14	35	40	30
Portsmouth	27	7	9	11	24	37	30
Blackburn	28	7	8	13	26	37	29
Oxford Utd	28	6	9	13	27	36	27
Sheff Wed	28	1	8	19	18	56	-7

MIDDLESBROUGH (3) 4 **PRESTON** (0) 0
Browne 9, Conway 28, 54
Whittaker 42 **ATT: 25,723**

Middlesbrough: Brynn, Ayling, Fry, Malanda (Munroe 85), Targett (Silvera 60), Browne, Hackney (McGree 74), Morris (Burgzorg 61), Whittaker, Conway (Gilbert 61), Castledine. **Preston:** Walton, Offiah, Storey, Gibson, Valentin, McCann, Whiteman (Thompson 58), Devine (Frokjaer-Jensen 58), Lewis (Vukcevic 76), Dobbin (Small 58), Jebbison (Smith 76). **Booked:** Whiteman 26, Thompson 82. **Sent-off:** Storey 50. **Ref:** Andrew Madley.

MILLWALL (1) 4 **CHARLTON** (0) 0
Ramsay 7 (og), Taylor 81
Emakhu 90, Cundle 90 **ATT: 19,004**

Millwall: Crocombe, Crama, Taylor, Cooper, Doughty (Sturge 83), De Norre (Emakhu 73), Mitchell, Azeez, Langstaff (Cundle 82), Neghli, Coburn (Ivanovic 65). **Booked:** Crama 68. **Charlton:** Kaminski, Ramsay, Jones, Gillesphey (Burke 55), Clarke, Anderson (Kelman 55), Rankin-Costello (Godden 83), Chambers (Fullah 46), Carey (Coventry 56), Dykes, Campbell. **Booked:** Anderson 26. **Ref:** Gavin Ward.

QPR (1) 2 **WREXHAM** (0) 3
Vale 6, Cook 80 Doyle 54, Windass 90, Rathbone 90

QPR: Walsh, Mbengue, Dunne, Cook, Norrington-Davies, Madsen, Morgan (Hayden 64), Dembele (Bennie 74), Vale (Field 82), Smyth (Kolli 74), Kone. **Booked:** Mbengue 45, Smyth 61. **Sent-off:** Mbengue 90. **Wrexham:** Okonkwo, Hyam, Scarr (Windass 84), Doyle, Kabore (Longman 90), James (Smith 84), Sheaf (Dobson 75), Thomason, O'Brien, Broadhead (Rathbone 75), Moore. **Booked:** Scarr 12, Sheaf 56. **Ref:** Oliver Langford.

SHEFF UTD (2) 3 **IPSWICH** (0) 1
O'Hare 38, Brooks 45 Clarke 60 (pen)
Bamford 66 **ATT: 28,638**

Sheff Utd: Cooper, Seriki, McGuinness, Mee, McCallum, T Davies (Arblaster 63), Peck, Brooks (Hoever 87), O'Hare, Hamer (Cannon 73), Bamford. **Booked:** Bamford 75. **Sent-off:** Bamford 84. **Ipswich:** Walton, Furlong, O'Shea, Kipre (Davis 56), Greaves, Matusiwa, Taylor (Cajuste 71), Walle (Mehmeti 71), Szmodics (Burns 57), Clarke, Hirst (Azon 57). **Booked:** Walton 39, Furlong 45, Kipre 48, Greaves 76. **Ref:** Tom Nield.

PORTSMOUTH (0) 1 **SOUTHAMPTON** (0) 1
Adams 77 Scienza 57

Portsmouth: Schmid, Devlin, Swanson, Bowat (Williams 66), Ogilvie, Dozzell (Pack 71), Adams, Segecic, Chaplin (Anderson 71), Alli, Bishop. **Booked:** Swanson 70, Adams 82.
Southampton: Peretz, Bree, Harwood-Bellis, Stephens, Welington, Downes, Jander, Matsuki (Fellows 63), Azaz (Charles 63), Scienza (Robinson 67), Armstrong (Stewart 68). **Booked:** Downes 70. **Ref:** Lewis Smith.

TODAY
Premier League
Everton v Leeds (8)
Sky Bet Championship
Norwich v Coventry (8)
TOMORROW
Sky Bet League One
Blackpool v Stockport County
Bolton v Burton Albion
Cardiff v Barnsley
Doncaster v Leyton Orient (8)
Huddersfield v Luton
Lincoln City v Bradford
Plymouth v Mansfield
Port Vale v AFC Wimbledon
Reading v Exeter (8)
Rotherham v Northampton
Stevenage v Peterborough
Wycombe v Wigan
Sky Bet League Two
Barnet v Tranmere
Barrow v Oldham
Bromley v Crewe
Cambridge Utd v Shrewsbury
Cheltenham v Gillingham
Colchester v Grimsby
Harrogate Tn v Fleetwood Tn
MK Dons v Bristol Rovers
Newport County v Accrington (7.30)
Notts County v Swindon
Salford City v Chesterfield
Walsall v Crawley Town
Enterprise National League
Rochdale v Southend
William Hill Scottish League 2
East Kilbride v Spartans
Stranraer v Clyde
KDM Evolution Trophy Quarter-Finals
Arbroath v Airdrieonians
Inverness CT v Stenhousemuir
Queen's Park v Raith
St Johnstone v Ayr
WEDNESDAY
UEFA Champions League - League Stage
AE Pafos v Slavia Prague (8)
Ajax v Olympiacos (8)
Arsenal v FC Kairat (8)
Athletic Bilbao v Sporting (8)
Atl Madrid v Bodo/Glimt (8)
Barcelona v Copenhagen (8)
B Leverkusen v Villarreal (8)
Benfica v Real Madrid (8)
B Dortmund v Inter Milan (8)
Club Brugge v Marseille (8)
E Frankfurt v Tottenham (8)
Liverpool v Qarabag FK (8)
Man City v Galatasaray (8)
Monaco v Juventus (8)
Napoli v Chelsea (8)
PSG v Newcastle (8)
PSV v Bayern Munich (8)
Un Saint Gilloise v Atalanta (8)

WEEK AHEAD

THURSDAY
UEFA Europa League - League Stage
Aston Villa v RB Salzburg (8)
Celtic v Utrecht (8)
FC Porto v Rangers (8)
Nottm Forest v Ferencvaros (8)
FRIDAY
Sky Bet Championship
Bristol City v Derby (8)
Scottish Championship
St Johnstone v Partick
SATURDAY
Premier League
Brighton v Everton
Chelsea v West Ham (5.30)
Leeds v Arsenal
Liverpool v Newcastle (8)
Wolves v Bournemouth
Sky Bet Championship
Blackburn v Hull
Ipswich v Preston
Leicester v Charlton (12.30)
Middlesbrough v Norwich
Millwall v Sheff Utd
Oxford Utd v Birmingham
Portsmouth v West Brom
QPR v Coventry
Sheff Wed v Wrexham (12.30)
Stoke v Southampton (12.30)
Watford v Swansea
Sky Bet League One
Wimbledon v Bolton (12.30)
Barnsley v Stevenage
Bradford v Doncaster (12.30)
Burton Albion v Cardiff
Exeter v Rotherham
Leyton Orient v Port Vale
Luton v Blackpool
Mansfield v Wycombe
Northampton v Reading (2)
Peterborough v Huddersfield
Stockport County v Plymouth
Wigan v Lincoln City
Sky Bet League Two
Accrington v Cheltenham
Bristol Rv v Newport C (12.30)
Chesterfield v Walsall
Crawley Town v Harrogate Tn
Crewe v Colchester
Fleetwood Tn v Notts County
Gillingham v Bromley
Grimsby v MK Dons (12.30)
Oldham v Cambridge Utd
Shrewsbury v Barnet
Swindon v Barrow
Tranmere v Salford City
Scottish Premiership
Dundee Utd v Hearts (8)
Kilmarnock v Aberdeen
Livingston v Motherwell
St Mirren v Dundee
Scottish Championship
Ayr v Raith
Dunfermline v Airdrieonians
Morton v Ross County
Queen's Park v Arbroath
Scottish League 1
Alloa v Cove Rangers
East Fife v Montrose
Kelty Hearts v Hamilton
Queen of South v Inverness CT
Stenhousemuir v Peterhead
Scottish League 2
Annan Athletic v Clyde
Dumbarton v Edinburgh City
East Kilbride v Forfar
Elgin v Spartans
Stirling v Stranraer
SUNDAY
Premier League
Aston Villa v Brentford (2)
Man Utd v Fulham (2)
Nottm F v Crystal Palace (2)
Tottenham v Man City (4.30)
Scottish Premiership
Celtic v Falkirk
Hibernian v Rangers (2)

1-2-X CHECK

POOLS NUMBER	FULL TIME
1	1a
2	1
3	1a
4	3
5	1a
6	1
7	1
8	1a
9	1
10	3
11	3
12	1
13	1
14	1a
15	1
16	1
17	3
18	1a
19	1
20	1
21	1
22	3
23	3
24	1
25	1
26	1a
27	3
28	3
29	3
30	1a
31	1
32	1a
33	1
34	1
35	1a
36	1
37	1a
38	1
39	1
40	1
41	1
42	2
43	1
44	1
45	1
46	3
47	1
48	1
49	1a

LEAGUE TWO

Sky Bet League Two EFL

BARNET (2) 3 **OLDHAM** (1) 2
Glover 36, Tshimanga 45 (pen), 87 Pett 11, Stevens 69
ATT: 2,715

Barnet: Slicker, Collinge, Tavares, Chinedu (Smith 74), Senior, Ofoborh, Hartigan (Kizzi 66), Glover, Kanu (Hawkins 83), Jaiyesimi (Shelton 46), Tshimanga. **Booked:** Collinge 6, Slicker 71, Smith 90. **Sent-off:** Tavares 64. **Oldham:** Hudson, Caprice, Daniels, Monthe, Robson, Payne, Woods, Pett (Fondop-Talom 60), Stevens (Taylor 89), Drummond (Hawkes 81), Garner (Quigley 90). **Booked:** Daniels 42. **Ref:** Darren Drysdale.

BARROW (0) 0 **CRAWLEY TOWN** (0) 1
ATT: 2,322 Richards 89

Barrow: Stanway, F Anderson, Raglan, J Anderson (Newby 90), Whitfield (Barkhuizen 70), Smith, McCann, Jackson, Earing (Harper 70), Fletcher, Rose. **:** F Anderson 65, McCann 88. **Crawley Town:** Chapman, Odimayo (Barker 36), Vassell, Flint, Gordon (Forster 77), Williams, Copley (Anderson 77), Russell, Darcy, McKirdy (Richards 71), Orsi-Dadomo. **Ref:** David Webb.

BROMLEY (0) 2 **SWINDON** (1) 1
Charles 46, Kabamba 89 Holman 10

Bromley: Smith, Samuel, Sowunmi, Cameron, Odutayo, Charles, Whitely (Ilunga 84), Krauhaus (Thompson 80), Arthurs (Hondermarck 80), Pinnock (Ajayi 88), Cheek (Kabamba 88). **Booked:** Arthurs 45, Smith 90. **Swindon:** Ripley, Wright (McGregor 73), Ball, Tafazolli, Wilson-Brown, Borland (Snowdon 90), Nichols (Middlemas 74), Kilkenny, Drinan, Palmer, Holman (Olakigbe 73). **Ref:** James Oldham.

CAMBRIDGE UTD (0) 4 **TRANMERE** (1) 2
Lavery 58, Watts 67, 77 Jones 45, Whitaker 63
Knight 90 **ATT: 6,800**

Cambridge Utd: Eastwood, Gibbons, Jobe, Watts, Bennett (Lavery 57), Mpanzu, Hoddle (Ball 58), Brophy (Ibsen Rossi 84), Knight, KaiKai (Purrington 83), Appere (Nevitt 72). **Booked:** Hoddle 19, Brophy 35. **Tranmere:** Murphy, Smith, Tamen, Brough, Norman, Blacker (Kenneh 74), Finley, Joseph (McGowan 21), Jennings (Patrick 74), Jones (Whitaker 55), Ironside. . **Booked:** Smith 15, Blacker 54, McGowan 86. **Ref:** Ross Martin.

CHELTENHAM (0) 0 **GRIMSBY** (1) 2
ATT: 3,921 Green 5, Cook 74

Cheltenham: Day, Tomkinson, Cundy, Wilson, Nurse, Young, Stevenson, Deeming, Thomas, Miller (Jude-Boyd 68), Bickerstaff. **Booked:** Cundy 45, Stevenson 57. **Grimsby:** Smith, Rodgers, Lavelle, McJannett, Sweeney (Staunton 60), Turi, Burns (Cook 71), Green (McEachran 81), Khouri, Vernam (Oduor 81), Soonsup-Bell (Kabia 60). **Booked:** Turi 30, Khouri 45, Rodgers 58. **Ref:** Harry Wager.

COLCHESTER (2) 2 **FLEETWOOD TOWN** (0) 1
Lisbie 14, Mbick 38 Ennis 79; **ATT: 4,994**

Colchester: Macey, Vincent-Young, Tucker, Araujo, Terry, Read, Hunt (Gape 83), Tovide (Williams 83), Payne, Lisbie (Edwards 54), Mbick (Goodwin 63). **Booked:** Gape 88, Edwards 90, Goodwin 90. **Fleetwood Town:** Lynch, Rooney, Holgate (Mullarkey 46), Hughes (Medley 82), Powell, Neal, Ennis, Bonds, Helm (Virtue 76), Roberts (Evans 46), Davies (Devonport 76). **Booked:** Bonds 72, Powell 80. **Ref:** Charles Breakspear.

	P	W	D	L	F	A	Pts
Bromley	27	16	7	4	46	28	55
Salford City	26	15	4	7	39	33	49
MK Dons	27	13	8	6	53	29	47
Cambridge Utd	26	13	8	5	34	22	47
Walsall	26	14	5	7	35	24	47
Swindon	26	14	4	8	42	31	46
Notts County	26	13	6	7	39	27	45
Colchester	26	11	9	6	41	29	42
Chesterfield	27	10	11	6	43	37	41
Grimsby	26	11	7	8	38	30	40
Crewe	27	11	6	10	42	35	39
Gillingham	26	9	11	6	37	30	38
Barnet	26	10	8	8	35	29	38
Oldham	26	8	11	7	28	23	35
Fleetwood Town	26	9	7	10	34	34	34
Accrington Stanley	26	9	7	10	27	28	34
Tranmere	27	8	8	11	42	46	32
Cheltenham	27	9	3	15	26	45	30
Barrow	26	6	6	14	27	39	24
Crawley Town	27	5	7	15	30	47	22
Shrewsbury	26	5	7	14	23	46	22
Bristol Rovers	26	6	3	17	21	46	21
Newport County	26	5	5	16	28	47	20
Harrogate Town	27	4	6	17	19	44	18

HARROGATE TOWN (0) 0 **GILLINGHAM** (0) 3
ATT 2,747 Masterson 51, Little 55 (pen), Vokes 84

Harrogate Tn: Gray, Cass, Headman, Heffernan, Morris, Muldoon (Sutton 66), Falkingham (Marsh 78), Smith, Slater, Cursons (Thomson 46), Acquah. **Booked:** Falkingham 6. **Gillingham:** Morris, Gale, A Smith, Masterson, Clark, McKenzie, Little, J Smith (McCleary 19), Dack (Williams 82), Rowe (Palmer-Houlden 69), Andrews (Vokes 69). **Booked:** Gale 90. **Ref:** Zac Kennard-Kettle.

MK DONS (3) 5 **SHREWSBURY** (0) 1
Paterson 8, 11 (pen), 34 Sang 83
Offord 81, Crowley 88 **ATT: 7,336**

MK Dons: MacGillivray, Sanders, Nelson, Offord, Kelly (Crowley 82), Jones (Lemonheigh-Evans 69), Wiles, Gilbey (Matete 69), Nemane (Mellish 46), Paterson (Hogan 77), Collins. **Booked:** Nemane 31. **Shrewsbury:** Brook, Freeman, Hoole, Boyle, Clucas, Kabia, Perry, Ruffels, Morgan (Sang 72), Marquis (Lloyd 72), Ogunsuyi (Ojinnaka 72). **Booked:** Morgan 7, Hoole 10, Perry 40, Clucas 90. **Ref:** Alan Dale.

NEWPORT COUNTY (0) 2 **CHESTERFIELD** (0) 1
Biggins 50, Spellman 63 Markanday 85
ATT 4,355

Newport County: Wright, Shephard, Baker, Delaney, Driscoll-Glennon, Brennan, Spellman (Nyakuhwa 90), Smith, Biggins (Jenkins 80), Kamwa (Thomas 90), Opoku (Crole 70). **Booked:** Biggins 6, Smith 45, Driscoll-Glennon 90. **Chesterfield:** Hemming, Curtis, McFadzean, Swinkels, Pearce, Braybrooke, Stirk (Naylor 80), Mandeville (Markanday 76), Ladapo (Bonis 66), Berry-McNally (Dobra 75), Grigg. **Ref:** Declan Brown.

NOTTS COUNTY (1) 1 **CREWE** (0) 0
Jatta 8 **ATT: 9,720**

Notts County: Belshaw, Macari (Ness 86), Platt, Bedeau, Tsaroulla, Norburn, Palmer, Jones (Kouhyar 64), Iorpenda, Grant (Hall 64), Jatta (Dennis 76). **Booked:** Norburn 30, Bedeau 82. **Crewe:** Lawlor, Billington, Pond, Demetriou, Hutchinson (Thibaut 71), Sanders (Moult 90), Lunt (Connolly 46), O'Reilly (Rankine 71), Holicek, Agius, March. **Booked:** Holicek 52, O'Reilly 62. **Ref:** Isaac Searle.

SALFORD CITY (1) 1 **BRISTOL ROVERS** (0) 0
Graydon 8 **ATT 3,034**

Salford City: Young, Turton, Cooper, Garbutt, Grant (Ashley 83), Mnoga (Longelo 70), Cesay (Butcher 83), Austerfield (Woodburn 70), N'Mai, Graydon, Udoh. **Booked:** Garbutt 29, Mnoga 43. **Bristol Rovers:** Young, Balmer, Harbottle, Kilgour (Lockyer 46), Sparkes, Hutchinson (Harrison 46), Thompson-Sommers (Conteh 78), Forde (Akhamrich 70), De Havilland, Thomas (Senior 46), Cavegn. **Subs not used:** Southwood, Moore. **Ref:** Simon Mather.

WALSALL (0) 0 **ACCRINGTON STANLEY** (0) 0
ATT 5,682

Walsall: Roberts, Farquharson, Flint, Weir, Comley, Barrett (Adomah 90), Jellis (Clarke 65), Pattison (Lakin 65), Harper, Matt (Pressley 78), Kanu (Loupalo-Bi 78). **Booked:** Barrett 8, Comley 24, Flint 42, Farquharson 67, Loupalo-Bi 89. **Accrington Stanley:** Wright, Love, Rawson, Matthews, O'Brien, Conneely (Grant 79), Sinclair, Heath, Whalley, Henderson, Madden. **Booked:** Heath 30, Love 69, Sinclair 74. **Ref:** Elliott Swallow.

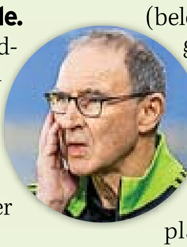
SCOTTISH ROUND-UP

SUCKER PUNCH Claudio Braga (right) celebrates his leveller with four minutes left

BRAVE HEARTS

Braga nicks point but O'Neill fumes at Trusty's red

MARTIN O'NEILL was riled by the decision to send off Auston Trusty after 10-man CELTIC were pegged back by William Hill Premiership leaders HEARTS in an exhilarating draw at Tynecastle.



In a match the defending champions could not afford to lose, they led twice through an early Benjamin Nygren free-kick and a Yang Hyun-jun tap-in just after the hour.

But Hearts hit back each time through Stuart Findlay early in the second half and then in the 87th minute when Claudio Braga fired home.

Trusty was sent off with Celtic leading 2-1 in the 77th minute after being deemed to have denied Pierre Landry Kabore a goalscoring opportunity following a VAR intervention, having initially been shown a yellow card. It was the Hoops' first domestic red card since March 2024 but followed one for Reo Hatate against Bologna on Thursday.

"I did have an argument with the red card," Celtic boss O'Neill (below) said. "The referee has given a yellow card. Obviously, VAR's re-refereeing the game.

"First of all, the ball is going away from goal, so the player has to get a hold of that and control it. And secondly, and more importantly, is that we've got someone covering.

"That's what the referee saw in the first place and he was pretty close to it. It puts you under severe pressure in the last 20-odd minutes."

Hearts manager Derek McInnes revealed there was disappointment in the home dressing room, given the big chances they squandered.

"We're disappointed we haven't won," he said. "But coming from behind twice against a team of Celtic's quality, regardless of their exploits on Thursday, in the cold light of day, it's not the worst point.

"We just felt there was a wee bit more out there for us.

"If the fans keep that connection with the team that we had today, who knows where it can take us?"

RANGERS leapfrogged Celtic into second after a 3-0 win over DUNDEE.

James Tavernier (left) scored from the spot in the second half before substitutes Danilo and Djeidi Gassama added further goals in stoppage time for an eighth successive win.

Rangers manager Danny Rohl said: "It feels great, but hopefully the feeling will be better and better during the second half of the season because there is still a long way to go.

"It's a statement, especially from the point we were at."

NON-LEAGUE ROUND-UP

TOP TWO IN FOOTBALL LEAGUE OF THEIR OWN

YORK and ROCHDALE are pulling away at the top of the National League – setting up the prospect of a thrilling final-day finish in the race for the automatic EFL promotion spot.

Dale secured an eighth win from their last nine games with a third straight clean sheet in a comfortable 2-0 victory over TRURO.

Ian Henderson (right) celebrated his 41st birthday by netting the first, with Tyler Smith also on the scoresheet. Jimmy McNulty's York are a point behind with three games in hand on the leaders, who made it 17 unbeaten in the league with a 5-0 thrashing of BRAINTREE.

The Spotland club will regain top spot with victory at home to SOUTHEND tomorrow.

They host the Minstermen, who have beaten them in the league and cup this season, in the final game of the campaign at the end of April.

BOREHAM WOOD are five points back in third after suffering back-to-back defeats for the first time this season in going down 3-1 at ALTRINCHAM, while FOREST GREEN'S promotion hopes suffered another blow as they threw away a lead to go down 3-2 at top-seven rivals SCUNTHORPE.

WOMEN'S ROUND-UP

TITLE CARROT SO CLOSE FOR BUNNY 'N' CO

MANCHESTER CITY boss Andree Jeglertz insists the WSL title race isn't over – despite his side going nine points clear at the top thanks to a 2-1 win at LONDON CITY LIONESSES.

Bunny Shaw (above) claimed her 13th league goal of the season four minutes from time to put City in a commanding position after defending champions CHELSEA'S 2-0 defeat at home to ARSENAL on Saturday.

Jeglertz said: "There are a lot of games left. We play Arsenal, Chelsea, Man United and Tottenham. We have all of those teams who will find different ways to challenge us.

"Being in this situation is fantastic for the team and also for me because we deserve it. We've had a great season so far and we need to keep on going and be humble.

"We need to keep doing what we've done so far, taking it one game at a time. This group is finding a way to win and I'm happy about that."

MANCHESTER UNITED manager Marc Skinner insisted his side could have scored half-a-dozen goals in their 4-1 victory at ASTON VILLA.

United are up to fourth and Skinner said: "It's a fantastic win and puts us right in that chasing pack. We controlled the second half very well and it could have been six in the end."

LIVERPOOL won for the first time in the league this season with a 2-0 victory over SPURS thanks to two stoppage-time goals from Mia Enderby (below).

Boss Gareth Taylor said: "It was a really satisfying result. It probably looked at some stages like we weren't going to get it, but the girls willed the ball into the net.

"The second goal shows what we're about as a team and we looked more like what we want to be."

Tottenham boss Martin Ho said: "We didn't get up to speed at all and Liverpool were the better team."

However, the Reds remain rooted to the foot of the table after 11th-place WEST HAM claimed a maiden WSL victory for new boss Rita Guarino, 2-1 at LEICESTER.